



2016 Camp Guidebook

As of January 6, 2016

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Our Mission

The Mission of Ramah in the Rockies is to provide outstanding outdoor adventure experiences that teach Jewish values, age appropriate leadership skills and influence the character development of youth. We do this through intense community building at base camp and on extended adventure trips.

Important Dates

Pre-Season

August 2, 2015 Registration for 2016 opens

October 31, 2016 Super early bird registration ends

December 15, 2016 Early bird registration ends

March 1, 2016 Final day to drop for 2016 while still receiving a full refund

March 1, 2016 Payment for 2016 season due in full & completed medical forms due

May 15, 2016 Travel forms due

Summer 2015

June 20, 2016 JOLI I participants arrive at ranch

June 22, 2016 Session I begins

July 5, 2016 Session IA ends

July 6, 2016 Session IB begins

July 18, 2016 Session I/JOLI I ends

July 19, 2016 Intersession

July 19, 2016 JOLI II participants arrive at ranch

July 20, 2016 Session II begins

August 2, 2016 Session IIA ends

August 3, 2016 Session IIB begins

August 16, 2016 Session II/JOLI II ends

Religious and Educational Orientation

Camp is committed to providing campers with an opportunity to live a full Jewish life by encouraging campers to strengthen their Jewish identity, observance, and commitment. This is accomplished through educational, recreational, and social programming.

Ramah in the Rockies is part of the National Ramah Commission, which is run under the auspices of the Jewish Theological Seminary. Our religious guidelines and expectations are determined by our umbrella organizations. As an educational camp, we emphasize experiential and project based learning whenever possible. Our goal with our religious education is to impart a sense of passion, commitment and curiosity among our campers and Jewish staff as it relates to their Jewish journeys.

The Program Day and Participation

Ramah provides each camper with an exciting program of recreational and cultural activities. Younger campers (entering grades 3-6) get to try most activities at our base camp as a group, whereas older campers (entering grades 7-12) have the opportunity to choose specific activities in which to participate throughout their camp session.

Typical Day

7:00am	<i>Kimah</i> (wake up)
7:30- 8:40	<i>Shmirat HaGuf</i> (caring for our bodies, morning exercise) and <i>T'fillot</i>
8:45- 9:20	Breakfast
9:25-9:50	Nikayon (Bunk Clean Up)
10:00- 11:10	Perek Alef (Activities may include: horseback riding, wilderness survival, mountain biking, ropes course/rock climbing, camping skills, wilderness arts & crafts, Frisbee golf, orienteering, archery, mining, aerobics, duathlon training, sports, service projects & more)
11:20- 12:30pm	Perek Bet (Activities may include: horseback riding, wilderness survival, mountain biking, ropes course/rock climbing, camping skills, wilderness arts & crafts, Frisbee golf, orienteering, archery, mining, aerobics, duathlon training, sports, service projects & more)
12:45-1:40	Lunch & <i>Shira</i> (song session)
1:45- 2:45	<i>Sha'at Menucha</i> (rest hour)
2:50-4:00	Perek Gimmel (Activities may include: horseback riding, wilderness survival, mountain biking, ropes course/rock climbing, camping skills, wilderness arts & crafts, Frisbee golf, orienteering, archery, mining, aerobics, duathlon training, sports, service projects & more)
4:10-5:20	Perek Daled (Activities may include: horseback riding, wilderness survival, mountain biking, ropes course/rock climbing, camping skills, wilderness arts & crafts, Frisbee golf, orienteering, archery, mining, aerobics, duathlon training, sports, service projects & more)
5:20-5:50	Perek Hay (Free Time) Camp wide sports & activities including, soccer, ultimate Frisbee, football, jogging, biking, yoga & meditation. This is also an opportunity for down time, showers, and quiet activity.
6:00-6:50	Dinner
7:00-7:45	<i>Peulat Erev</i> (evening program)
7:45-8:00	<i>Laila Tov</i> Preparation
8:00pm	<i>Laila Tov</i> (Good Night)

Camp's expectations are clear — a camper coming to Ramah knows and understands that the day is a full one and that everyone participates in all of the activities of camp. We believe in **Challenge by Choice**. Each camper must push him/herself to go a little above and beyond, but only according to his/her own abilities. We are not a competitive camp, but do want campers to challenge themselves, physically, emotionally and spiritually.

Religious Observance

During the summer, your child will experience Shabbat “Ramah-style,” *t’fillot* (praying) each morning, saying Kiddush and *Motzi*, reciting *Birkat Hamazon* (a blessing after meals), eating kosher food, and observing special days such as *Tisha B’Av*.

Ramah campers and staff come to camp with their own religious beliefs and patterns of observance. These varied patterns are part of what makes Ramah such a rich and exciting religious and educational community. Respect for these different patterns within the Ramah framework is an integral part of the philosophy of camp. To create a cohesive community, we ask that all campers and staff adhere to specific basic religious principles while at camp, mostly concerning daily *t’fillah* (prayer) and Shabbat observance.

These include: daily attendance at *t’fillot* where males over 13 are required to wear tallit and *t’filin* and females are invited to do so; males are required to cover their heads for meals and during *t’fillot*. Shabbat is a day for community gatherings, and we refrain from writing, using electricity and playing musical instruments.

Hebrew Language

Hebrew is the language of our people. It links us with fellow Jews around the world. At camp, Hebrew is a living and user-friendly language and is emphasized as much as possible. Many announcements, signs, and songs are in Hebrew. Since Ramah is a camp where Hebrew is the language of choice, certain Hebrew terms are part of the daily routine. To help you become more familiar with some of them, please see the end of this handbook for a *milon* (glossary) of the most commonly used Hebrew words at camp.

Getting Ready for Camp

Packing List

Whether this is your first time coming to camp or your tenth summer away from home, there is always a sense of excitement and anxiety when it comes to packing and making sure that one has the “right” amount of gear and clothing. We have written the following list as a guide and to help alleviate some of the anxiety that goes into getting ready for camp. Some of the information below is VERY technical and perhaps not of much use to you. Other aspects might be too terse and you would like to ask additional questions. Please do not hesitate to contact our camp office with any questions.

If you are new to buying outdoor gear, the entire enterprise can seem a little overwhelming. Indeed, there are hundreds of options for each piece of gear and almost no limit to the money one can spend. Just remember that more is not always better. We have tried to demystify some of the choices in the gear section below.

Some things to consider when shopping for camp:

- Is this going to be the only time that your child engages in outdoor adventure or this a lifelong passion?
- Is your child still growing?
- Will the shoes you buy in May no longer fit in August?
- Can you borrow equipment from a friend for a few weeks?

Please use the following list as a guide. Some campers might choose to bring more of one item and less of another. We are a rustic outdoor camp and subscribe to the motto “dirt is clean but filth is dirty.” Please bear this in mind when packing for camp. We send out our laundry to be cleaned every two weeks -- for our four-week campers there is a single laundry day scheduled at the end of the first two weeks. Campers coming for a two-week session should bring enough clothes for their entire session. Campers staying for six or eight weeks will also have their laundry sent out during intersession. We do have the ability to wash clothes at camp in an emergency, so if your child runs low on clean clothes before camp-wide laundry day, we will be able to help them. While this might sound like a lot of clothes to pack, remember we are in the outdoors and when on an excursion one does not need to change their outer clothes each day. So long as they have clean socks and underwear each day, they will be just fine.

Please label your children’s belongings with their first and last name, not just their initials. Camp is a busy and sometimes messy place and labels increase the likelihood your child’s belongings find their way back to your child. While camp is not responsible for lost or damaged items, we do have a lost and found and encourage campers to check it often. Any item found around camp (at a program area, bath house etc.). At the end of each camp session, we donate any items worth under \$25 to a local charity. For the cost of postage paid by the family, we will try to mail back home items in our lost and found worth more than \$25 for whom we can readily identify the owner. Historically, almost all items with camper names on them are claimed before the campers leave camp.

Part I: General Camp Clothes and Items Needed at Base Camp

Clothing:

- 10-15 short-sleeve shirts (no spaghetti strap tank tops) Include 1-2 hiking/running shirts as described below in Technical Gear
(If you have one, please include a shirt from your hometown or sports team- these will be part of a special activity)
- 4-5 pairs of shorts—at least two must be made of nylon or other quick-dry material (if your child gets dirty easily, send more)
- 1-2 pair of jeans/long pants
- 1 pair of quick dry pants (recommended, but not required for campers entering grades 3&4)
- 1 pair of sweatpants or fleece pants
- 1 bathing suit (no bikinis please, tankinis are ok)
- 1 beanie or winter hat, 2 baseball or sun hats
- 15 pairs of underwear
- 15 pairs of socks—(For Campers entering grades 7-12th: at least 5 pairs should be non-cotton (wool or synthetic, see technical gear below) For campers entering grades 5&6 who are coming to IB or IIB, at least 3 pairs should be non-cotton*.
- 1-2 Shabbat outfits—On Friday night, we have a special Shabbat “uniform”: A white polo, button up, or sweater with khaki colored pants, khaki shorts, or a modest skirt/dress. We are aware that “modest” can be subjective. For Shabbat, please have skirts and shorts that extend beyond the longest finger when arms are held at the side and shoulders must be covered for services.
- 2-3 sweatshirts and 1 warm fleece jacket (the temperature will fall to the high 30s on some nights)
- 1-2 long sleeve shirts
- 1 warm down filled or synthetically insulated jacket (the temperature will fall to the high 30s on some of nights)
- 2-3 pairs of pajamas
- Rain jacket (*not* a wind-breaker, it should actually be waterproof)
- Rain pants (optional for 3rd-10th grade)

* 5th and 6th graders go rafting during Session IA and IIA and backpacking during IB and IIB, so their packing lists are slightly different.

*As a general policy regarding modesty: The parts of the body that are covered when wearing a sport tank top and “boy short” underwear should be covered at all times. In addition, underwear should *not* be visible in any position. Campers will be sent back to their bunk (ohel) to change if their clothing does not follow this guideline.*

Toiletries: Please bring eco-friendly toiletries. Eventually, all the chemicals that go down the drain or spill on the ground end up downstream. **Note: In 2015 we installed commercial soap and shampoo dispensers in all camper showers so there is no need to send bottles of shampoo or body wash/soap, unless camper prefers to bring their own.**

- 1 bottle of non-aerosol insect repellent
- 1 bottle of sunscreen
- 1 comb or brush
- 1 toothbrush, 1 tube of toothpaste, and 1 container of floss
- 2 tubes of lip balm (it is very dry!)
- Menstrual hygiene products, if applicable
- 1 caddy or bag to carry toiletries to the shower—Please note, each day we empty the shower/ bath house of any bottles of soap, tubes of toothpaste etc. and put them in the lost and found. A caddy greatly increases the chances of your child bringing their toiletries with them to their tent from the shower/bath house.

Bedding and Linens

- 1 sleeping bag (see technical gear below for details)
- 1 pillow, 2 pillowcases
- 2 fitted twin sheets
- 2 bath towels and 2 washcloths/face towels
- 1 laundry bag
- IF SPACE PERMITS: 1 twin blanket

Shoes

- 1 pair of sneakers
- 1 pair of sandals/water shoes that can be secured to one's feet (Tevas or Keens type sandals, not Crocs). These are not needed for campers entering grades 3 & 4 or for campers entering grades 5 & 6 attending only Session IB or Session IIB only*.
- 1 pair of shower shoes—please note: flip-flops may ONLY be worn for showering
- 1 pair of hiking shoes/boots (see technical gear below)—Boots are not required for children entering grades 3 & 4 or for two-week campers in grades 5 & 6 who are attending only Session IA or Session IIA. Two-week campers entering grades 7-10 might not use these, but without them they are ineligible to go on a hiking, horseback riding, or climbing *masa* (excursion). Campers in grades 7-10 will not know their excursions until arriving at camp.

* 5th and 6th graders go rafting during Session IA and IIA and backpacking during IB and IIB, so their packing lists are slightly different.

Religious Items:

- Tallit* or *tzizit* (required for boys over 13, strongly encouraged for girls over 12) —*Note, while some boys have a custom to wait until they are married to wear a tallit, all males of Bar Mitzvah age are expected to wear Tallit or Tzizit at Shacharit.*
- T'fillin* (required for boys over 13, encouraged for girls over 12)
- Kippot* (required for all boys and encouraged for girls at daily prayers and during meals.)

Miscellaneous

- Pens, stamps, stationary, address labels
- Sunglasses with strap
- Daypack or fanny pack to carry water bottle, rain jacket, etc. around base-camp.
- 2 canteens/water bottles (1 liter each)
- Extra glasses/contacts
- Flashlight or headlamp with extra batteries

Bring it if you have it (and can fit it!):

- Appropriate books or magazines
- Camera, memory card, and batteries
- Shabbat shoes
- Trekking poles
- Compass
- Quick-dry towel
- Climbing shoes
- Climbing harness
- Riding helmet
- Riding shoes
- End-of-bed shoe bag (e.g. [Camp Stuff 4 Less Website](#))

Part II: Technical Gear Needed for Excursions and Some Basecamp Activities

Camping gear can be purchased at almost any outdoor store. Specialty stores such as EMS or REI will also carry everything needed. Online stores include Backcountry.com and Campmor.com may be a good choice for items where sizing isn't critical.

Must Have Gear and Descriptions

1. **Rain jacket** – A waterproof/breathable rain jacket. The fabrics used in these jackets aim to keep rain out while allowing perspiration to escape. As camp doesn't stop simply because it is raining, it is important to be able to hike, bike, etc. while wearing a jacket without getting drenched in sweat. While there are many different proprietary laminates, the differences are mainly in how they balance breathability versus waterproofness and durability. In general, 3-layer fabrics are the most durable and waterproof but they are also the most expensive and can be a bit heavier. 2 or 2.5 layer fabrics (such as Gore-Tex, Precip, HyVent, Conduit DT) tend to be less expensive, more compact, and have similar breathability. The lightest, least durable and least expensive are the so-called porous fabrics (such as Frogg Toggs).

We cannot overstate the importance of having a WATERPROOF rain-jacket at camp.

2. **Hiking shoes/boots (1 pair)** - A pair of supportive shoes or boots that **fit properly and have been worn in** are the single most important equipment that you can bring to camp. Appropriate footwear not only makes everything safer but also more fun (no one likes blisters). A pair of breathable, light- to mid-weight hiking boots is ideal. Very supportive trail shoes or full backpacking boots are also acceptable. It's best to break them in and make sure they fit by wearing them around before you get to camp. As mentioned above: All campers entering grades 3&4 and campers entering grades 5&6 who are coming only for Session IA or IIA* do not need hiking boots but should bring them if they already have them. These campers should bring good quality closed-toe sneakers/gym shoes. Older two-week campers might not use their boots; depending on which *masa* (excursion) they choose. Almost all four-week campers entering grades 5-12 will use their boots on Masa.

* 5th and 6th graders go rafting during Session IA and IIA and backpacking during IB and IIB, so their packing lists are slightly different

3. **Non-Cotton Socks (3-5 pairs)** –required for campers entering grade 7-12 and for campers entering grades 5&6 who will be at camp during IB or IIB, nice to have for all others. Light- or medium-weight merino (no itch) wool or synthetic blend (without any cotton) socks. Some people like to wear a pair of light synthetic liner socks underneath their heavier outer sock. When you are breaking in your boots it is worth wearing the socks you're going to wear at camp.
4. **Sleeping Bag** - A compressible/lightweight 20°F(-7°C) or warmer down or synthetic sleeping bag. While each manufacturer has its own rating system, many of the leading manufacturers now also publish standardized EN-ratings. These ratings are a good way to compare different sleeping bags and are much more reliable than the temperature number that appears in the name. The temperatures that appear in the name are essentially just marketing, as no two people are physiologically identical. Sleeping bags are usually sized by height (Kids/Youth – up to 5' & 5'6", Adults – up to 6' & 6'6") and there are also a growing number of women's specific (up to 5'6", 5'8", & 6') models. These women's-specific bags tend to be sized differently and be a little bit warmer, but sleeping bags are still really unisex items. If you are borrowing a sleeping bag from friends or family, please remember that synthetic insulation loses its value over time -- especially if it has been stored tightly stuffed. Bigger **isn't** better as it has to fit inside a hiking backpack, so please bring one that is compact/lightweight (under 3 lbs.), of an appropriate size and temperature rating.

5. Two Hiking Shirts – made from quick dry or wicking material such as merino wool, polyester or Capilene. These provide warmth and comfort in wet and dry conditions. Unlike cotton, wool and synthetics retain their insulating properties when wet. Your child will get sweaty when hiking, biking or climbing, and the right material shirt (as well as pants, socks and underwear) will help prevent rashes, rubbing discomfort, and even hypothermia.
6. Three **water containers** – Dehydration is a constant concern for participants at Ramah in the Rockies due to camp's altitude and active schedule. On an average day, each person at our ranch must drink well over a gallon of water! No one may walk around camp without carrying his/her water bottle. If you elect to bring a water bladder (such as a Camelback) please make sure you have a way to carry it around camp.
7. **Day pack/ Fanny back** to carry gear around the base camp (mentioned above, but we thought we would emphasize the importance of this by listing it twice).
8. **Sunglasses with strap**
9. **Flashlight.** A headlamp is even better as it frees your hands. An LED lamp with two or three LEDs will suffice. Please bring extra batteries.

Other Gear (Optional for 3rd-10th Grade, Mandatory for JOLI)

Rain Pants – While it is important for a rain jacket to be breathable, this is less important when it comes to rain pants. A pair of rubber rain pants from Target will suffice, unless you would prefer to spend the extra money and buy some sort of coated nylon pants or even Gore-Tex pants. If you are going to splurge on a single piece of optional gear, make it rain pants. Especially for our older campers, you will be very grateful for these if you are on a *masa* in the rain.

1. **Warm gloves** – lightweight synthetic or wool gloves or mitts to take the chill off cool mountain nights.
2. **Internal or External Framed Backpack** – that can store 4-5 days worth of gear for rising 7th-12th graders or three days worth of gear for rising 5th & 6th graders. Rising 3rd & 4th graders do not need a framed backpack. Mandatory for JOLI, as they will use this backpack for BOTH of their *masa'ot*.
3. **Compression sacks.**
4. **Sleeping pad** – A 3-season foam or self-inflating sleeping pad (with an R-value of 2.4 or higher). Manufacturers design and test their sleeping bags assuming the use of an appropriate sleeping pad. Far more important than the cushioning the pad provides is the crucial insulation (expressed as an R-value) between your sleeping bag and the cold ground. Self-inflating pads are more comfortable, more insulating and significantly more compact, whereas foam pads are less expensive and more durable. Self-inflating pads come in various sizes (3/4 of your height is adequate, full length is more luxurious/expensive and heavier). Foam pads can usually be trimmed to the appropriate length. Pads that require pumping are making a comeback but for summer use they are overkill in price, size and warmth, while also being less durable.

Knives

Campers entering grades 7-12 may bring a folding pocketknife **with locking blade** or Multi-Tool (Leatherman) with locking blade. Younger campers (entering grades 3&4) may be trained in knife skills using Ramah in the Rockies's knives. All knives must be turned in on the first day to counselors and will be given out before campers leave on *masa*, at their trip leader's discretion.

Portable Electronics

Camp has a limited number of electrical outlets in the main buildings. Camper tents have no electricity. While we encourage campers who are flying to Denver to bring a cell phone for their travel day, there is no cell phone service at camp and all portable electronics are collected on the first day of camp for the duration of the campers' sessions.

At camp, one will be confronted with the natural sounds of a high alpine ranch. We encourage campers to spend their time at camp listening only to natural sounds and those emitted by human voices and instruments. Electronic games or DVD players are not permitted at camp under any circumstances. Similarly, we do not allow music to be played on speakers except during *Shira* (song sessions) in the *Chadar Ochel* (dining hall) and on a few occasions when we set up a sound system as part of a special event. **We do not allow campers to bring MP3 players.** For those who rely on an MP3 player to relax or to learn their Bar Mitzvah portion, etc., they will be allowed to listen to them ONLY when seated in their tent. Earphones may never be worn outside of the tents. MP3 players may not be brought on excursions under any circumstances. MP3 players brought to camp must only be able to play music. (No devices capable of connecting to the Internet or cell signals). Cell phones, tablets, and other electronics that do more than just play music are not permitted in camper tents.

Each year we are asked whether a camper can bring a Kindle, Nook etc. While we prefer campers to read from actual books while at camp, we understand that some might want to read their e-readers or might not even own paper books anymore. Just like parents must pick their battles, we too have chosen to do the same; e-readers are highly discouraged but, if necessary, may be used in airplane mode ONLY, while on a camper's bed. At no time whatsoever may an e-reader be taken outside of a tent for a camper to read on the grass or other place at camp. We have a strict no-screen policy at camp, and at the end of the day, e-readers are still screens.

Please note that Ramah in the Rockies assumes no responsibility for your children's electronics, unless they are turned in to the office on the first day of their session. Any MP3 players, Kindles, etc. kept by campers for their use in their tents is solely at their own risk.

Money

Campers need only bring a small amount of spending money if they are traveling to Denver without their parent or guardian. The only items a camper may buy during their time at camp are treats at the airport on travel days and camp logo gear. We do **not** operate a 'canteen' at Ramah in the Rockies for snacks or supplies (fresh fruit and other snacks are freely available throughout the day, however).

We do sell camp sweatshirts and sweat pants. All campers will be sent a T-shirt before camp begins that they should wear on travel days, and additional shirts and other swag can be purchased. There is no need to bring money on any excursions, as all meals and snacks are provided by camp. If you would like to authorize your camper to use your credit card on file to purchase regalia items, please contact our office manager during the summer at office@ramahoutdoors.org or (303) 261-8214 x0. You can also set aside funds via CampMinder before the summer for the purchase of camp "swag".

Food from Home

Please do not send food or snacks to camp. Food in tents invites unwanted animal guests and leads to annoying and potentially dangerous situations. We will provide your camper with ample food and snacks throughout their camp session. **Food cannot be sent to camp in care packages.** Campers cannot bring food to camp on opening day. All outside food will be confiscated. To enforce this policy, a member of senior staff will open packages and all food items will be removed. Please do not embarrass your child by putting them in an unnecessary situation by sending food. Your child will be well cared for in camp and s/he will not go hungry!

Family Emergencies

If there is a family emergency, please state this when you call. Your call will be handled as quickly as possible.

PLEASE NOTE: WHEN YOUR CHILD IS OUT ON AN EXCURSION, YOU WILL NOT BE ABLE TO REACH HIM/HER.

Excursion leaders will be able to contact base camp if an emergency occurs on excursion, but they can only receive incoming satellite phone calls from camp once per day, if the weather is pristine and they are not camping near large cliffs. Our primary focus is to enable emergency communication from our trip leaders who are caring for your child and the base camp.

In case of family emergency, please call the main camp number (303) 261-8214 x0 or x107. If you leave a message, we return calls many times throughout the day beginning after breakfast in the mornings (except on Shabbat).

If you know that there might be a family emergency *before* your child leaves for an excursion, please contact our Director of Camper Care, Rafi Daugherty (x107). We will work with you to determine whether your child can leave on a given excursion. If an emergency arises while a child is out on an excursion, we will attempt to pass a message via the trip leader, but may be unable to do so until the excursion returns to camp. Even if we are able to reach a camper on an excursion, it may not be possible to bring him/her back to base camp.

Communication

Telephone Calls

One of the goals at camp is to create a positive and intensive Jewish summer. The Ramah environment is one unencumbered by some of the modern technologies of today, as well as the hustle and bustle of modern life, which allows us to achieve this objective more effectively. Your child will not have direct access to any phone or means of communication outside of a paper and pen.

If you need to discuss something with your child, please contact our Director of Camper Care, Rafi Daugherty, at (303) 261-8214 x107. Rafi will help you communicate with your child in case of family emergencies or other special circumstances. Rafi has a private and confidential voice mailbox available at x107.

These policies have been adopted so that your child will be able to adjust to camp life as smoothly as possible. We ask you to abide by them.

Whom Do I Call At Camp?

To reach the camp switchboard, call: (303) 261 8214. If the office manager is not there, a camp directory with a list of staff names and phone extensions is included in the outgoing message. You may also leave a message in our general mailbox.

How to Send Email Letters to Campers

To send your camper one-way emails, which are printed daily in our office (except Shabbat) and then distributed to campers, please go to www.ramahoutdoors.org and click on CampMinder Login (on right side) to log in to your CampMinder account. You can then follow instructions from your "Dashboard" to send emails. Please call CampMinder at (303) 444-CAMP if you have any questions or difficulties sending your camper one-way email. You can send up to two emails to each camper per day from each account. If you have additional people (e.g. grandparents) who would like to send emails to campers, please click on "create a friend account".

How to Send “Snail Mail” Letters to Campers

Letters should be addressed to:

Full Name of Camper

Ramah in the Rockies, Ohel # _____

26601 Stoney Pass Road

Sedalia, CO 80135

How to Send an Email to a Member of our Staff

Our year round emails remain the same during the summer. If you would like to send a message to our camp nurse during the pre-season or summer, please use nurse@ramahoutdoors.org. For our Director of Camper Care, Rafi Daugherty, please use rafid@ramahoutdoors.org. For our *yoetzim* (parent liaisons), please use campparent@ramahoutdoors.org. For all other summer staff, please email office@ramahoutdoors.org and our office administrator will ensure that it is delivered to the appropriate person.

Website/Blog/Facebook

Please visit our website at www.ramahoutdoors.org or follow our Facebook page to receive frequent updates from camp. Our Facebook page is linked on the lower left of our website. In addition, we send out frequent updates on the [camp blog](#).

Camp Photos

To access the camp photos, please visit ramahrockies.smugmug.com.

At Ramah in the Rockies, we strive to provide an easy method of communications from parents/guardians to campers. We also post regular photo updates for everyone to share in the magic of camp. Our communications team works hard to cover all aspects, ages, and activities of camp in an efficient manner, while remaining unobtrusive in those activities. Please understand that not every camper will be in every photo update. Your camper(s) will not appear in photos when they are on their masa'ot [backcountry excursions].

Pictures can be easily downloaded and printed from the site.

PLEASE NOTE: WE ARE NOT USING THE PHOTO SYSTEM THAT IS BUILT INTO THE CAMPMINDER SYSTEM.

Transportation

Please be sure to complete the online travel survey form before the summer so we know how your camper will arrive at camp, and whether s/he needs a seat on the Ramah in the Rockies shuttle. Shuttle buses are available for a nominal fee to/from Denver International Airport (DEN) and the Hebrew Educational Alliance (HEA) synagogue in Denver on the first and last days of each session. All travel questions should be directed to Lisa Holstein, transportation@ramahoutdoors.org or (303) 261-8214 x100.

Plane

Most of our out-of-state campers fly to camp. Denver International Airport is the airport we use. **In early 2015, we will publish a list of designated flights from major cities around the United States** and strongly encourage parents to book their campers on these flights. Ramah in the Rockies provides a shuttle bus from the airport for a nominal additional fee.

- **Campers' flights must arrive between 9:00am to 11:00am for ALL arrival days.**
- **Camper's flights must depart between 1:00pm to 5:00pm for ALL departure days.**

Ramah staff will meet all flights that arrive within our travel window at their gate and escort arriving campers to baggage claim. Departing campers on flights within our travel window will be escorted through security to their gate by staff as well. Ramah staff at the airport will not be able to assist campers travelling on flights outside these windows and parents will have to make other arrangements for transportation to or from camp.

Parents who cannot find flights with arrival/departure times within the travel windows must contact Lisa at transportation@ramahoutdoors.org before purchasing flights outside the travel windows.

Unaccompanied Minors:

Any young camper who will be flying as an official "unaccompanied minor", for which their family is paying the airline an additional fee, must arrive on either a United Airlines flight or a Southwest Airlines flight. Flight times must still be within the time windows shown above. Both these airlines have special holding rooms at Denver International Airport where campers will be supervised until they are met and signed for by Ramah staff. These designated rooms are secured areas with comfortable seating and plenty of electronic entertainment systems.

Please use the following information to complete the airline's unaccompanied minor form:

Designated Pickup Person: **Alex Hamilton**

Camp Name: **Ramah in the Rockies**

Office Address: **26601 Stoney Pass Road, Sedalia CO 80135**

Camp Phone: **(303) 261-8214**

Things to Know:

First Day of Camp

- **ALL CAMPERS ARRIVING ON FLIGHTS BETWEEN 9:00AM AND 11:00AM WILL BE MET BY A CAMP STAFF MEMBER AT THEIR GATE.** While Ramah in the Rockies staff does their best to be at each gate on time, please keep in mind the large number of flights being met at Denver International Airport on arrival day. Please ask your child to remain at the gate until a Ramah in the Rockies staff member meets them. The staff-member may be just a few gates down meeting another flight that arrives at the same time and if your child leaves the gate this can cause some confusion.
- Campers flying as unaccompanied minors must use either United or Southwest Airlines.

- Campers arriving after **11am but before 11:30am** will be responsible for getting themselves to baggage claim #10, but can still ride the airport shuttle to camp.
- It is highly recommended that campers who arrive before 9:00am fly as unaccompanied minors. [Campers arriving before 9 am will be met by staff at the airport after 9 am.](#)
- The **Airport Shuttle** will depart for camp promptly at **12:00pm**.
- A box lunch will be provided on the bus, we will make gluten free food options available as well with advanced notice.
- Parents of any campers scheduled to arrive on any flight after **11:30am** must make prior arrangements for alternate transportation to camp. Extra shuttles typically cost between \$200 and \$250.

Last Day of Camp

- All campers on the airport bus will be helped with checking bags, getting their boarding passes and getting through security.
- [Any camper on a flight between 1:00pm and 5:00pm will be escorted to their gates.](#)
- Due to the safety of our staff returning to camp at night, staff CANNOT stay with campers whose flights are scheduled to depart after 5:00pm. In the event of a delayed flight past 5:00pm, a local parent will be on call to assist at the airport or house campers.
- Staff will attempt to help campers check bags for flights departing after 4PM, but airline policies may prevent that, in which case camper will be responsible for checking their own bag later in the afternoon.
- The airport shuttle will depart camp promptly at **9:00am** and will arrive at the airport between **10:30 am and 11:00 am**.
- A box lunch will be provided.
- Parents of any campers scheduled to **depart before 1pm** must make prior arrangements for alternate transportation to the airport. Extra shuttles typically cost between \$200 and \$250.

Bus

Ramah in the Rockies will arrange a shuttle bus for Denver-area campers that will leave from the Hebrew Educational Alliance synagogue.

The Hebrew Educational Alliance

3600 S. Ivanhoe Street

Denver CO 80237

Things to know:

First Day of Camp

- Parents should meet Ramah staff at the HEA between **12:00pm and 12:30pm**.
- The **HEA Shuttle** will depart towards camp promptly at **12:30pm**.
- Lunch will NOT be provided.

Last Day of Camp

- The shuttle will depart camp at 9:00am.
- Parents should plan to pick up their child between 10:30am and 11:00am from the HEA.
- Lunch will NOT be provided.

Car

Families are welcome to drive their children to camp. Please plan to depart camp shortly after drop off so your child can begin his/her Ramah experience right away.

Things to know:

First Day of Camp

- Parents should drop their children off at camp between **11:30am and 1pm**.
- To ensure your child has adequate supervision, we will be unable to accept care of your camper before **11:30am**.
- Camp tours will be available at 12pm and 12:30pm. No tours will be available after 12:30pm.
- Parents **MUST leave by 1pm** to ensure their safety and the safety of our shuttles traveling up the dirt road to camp.

Last Day of Camp

- Parents **MUST** pick children up between 10:30am and 12:00pm.
- Parents who do not pick their children up by 12:00pm will be charged an additional service fee.
- Parents **CANNOT** pick up their children earlier on a travel day; to ensure their safety and the safety of shuttle buses traveling down the dirt road from camp.

Camp is approximately 1 ½ to 2 hours from Denver. For driving directions to camp please contact Ari at arip@ramahoutdoors.org or (303) 261-8214 x108.

Rules and Regulations

Please carefully review these with your child.

Your child is an important part of the Ramah camp community. Camp's responsibility to you, to your child, and to governing agencies (Colorado Department of Human Services, National Ramah Commission, and others) requires that its primary goal be to provide a safe and healthy summer experience for all. Health and safety are paramount concerns at Ramah in the Rockies.

The following are important rules and requirements for camp. Both the camper and their parents agree to abide by these policies. In the rapidly changing times in which we live, these policies are under constant review by the professional staff in consultation with the camp committee. Please familiarize yourselves with the **2016** rules.

1. Parents may not remove their child from camp for a "break". To maintain the integrity of the camp program, please do not plan discretionary events during the summer that necessitate removing your child from camp. Campers coming and going tears at the fabric of the camp experience and is therefore prohibited. If you have any questions, please speak with Rabbi Eliav.
2. Parents, relatives, or friends may not drop by to visit campers. Camp remains a closed community in order to protect your children and to create the special atmosphere that is camp. Parents dropping by disturb the equilibrium of camp and disrupt activities.
3. Campers may not bring pets to camp.
4. Violence or bullying of any kind is not permitted. This includes verbal, physical, relational and social bullying. Campers who bully others are subject to consequences, including dismissal from camp with no tuition refund.
5. Marijuana, alcohol, tobacco, illicit drugs, and other controlled substances without a physician's order, as well as any drug paraphernalia, are forbidden at camp. Possession or use of these substances will result in automatic and immediate dismissal with no tuition refund.
6. Campers are not permitted to smoke while at camp. Cigarette smoking can result in immediate dismissal, at the discretion of the Director. No tuition refund is granted.
7. No camper is permitted to leave the ranch except as part of a supervised camp activity that is authorized by the camp administration. Violating this rule is cause for dismissal. No tuition refund is granted.
8. Life at camp is much more active than one's normal routine at home. Each *edah* (age division), depending on the age of its campers, has a set curfew time. Violating curfew may result in dismissal*, at the discretion of the Director. No tuition refund is granted.
9. Romantic relationships sometimes develop between older campers during the summer. It is expected that campers will exhibit appropriate and modest behavior at all times, consistent with our tradition. Inappropriate behavior may result in dismissal from camp. No tuition refund is granted.
10. Ramah insists upon an absolute division between campers and staff. Thus camper/staff romantic relationships are never allowed. Staff includes any member of the community who is not a camper. In such situations, a senior

staff member will speak with the camper and the relationship will be ended. The staff member will be dismissed and barred from the property.

11. Ramah, in the truest sense, is the property of the Conservative Jewish community. Camp does not belong to any single individual. Everyone who uses the camp is jointly responsible for its upkeep and maintenance. Therefore, please remind your child of the following:

- Cleanup: All the campers in a bunk, along with bunk counselors, are responsible for the cleanliness and general safety conditions of the bunk. Additionally, everyone participates at scheduled times in a general cleanup of the camp.
- Service projects: All campers are expected to participate in ongoing service projects at base camp. These projects enable our community to function and to maintain a clean living environment in which we can take pride. Some projects are for the benefit of our community in the short term (like cleaning a messy building) and some are for the benefit of our community over the long term (like planting new trees).
- Graffiti: Campers and parents will be held responsible for graffiti on camp property. A minimum of \$50 cleaning fee will be charged to the family of any child who is found responsible for any graffiti.
- Respect for camp property: Anyone damaging, defacing, or destroying camp property will be held liable for the cost of repairing the damage and will be charged accordingly.

Photographs

Digital technology has changed our lives, mostly for the better. With these changes have come many new challenges for those of us who care for other people's children. While camp encourages campers to preserve their memories through the taking of pictures, recent news stories have highlighted digital cameras being used in inappropriate ways. Therefore, digital camera use might be limited at the discretion of the senior staff. We reserve the right to confiscate any cameras or camera phones that are being used inappropriately and/or delete pictures to protect others.

Gambling

With the increased marketing of gambling in the general culture and the ever-increasing media exposure of professional poker tournaments on cable television, we are starting to see campers expecting to play cards for money. Our camp policy is that occasional recreational card playing is permitted. Gambling for money or valuables is absolutely prohibited and is grounds for dismissal from camp with no tuition refund.

Withdrawal of Camper

Involuntary Withdrawal

No refund is made for a camper sent home from camp – where the camp administration requires the parents to withdraw the child.

Voluntary Withdrawal

There are no refunds for voluntary withdrawals of campers. Examples of voluntary withdrawals include: a child is homesick, parents miss the child, changes in family plans, or family vacations. We urge you **not** to "make deals" with your child to "try it for a while." Such promises usually make it impossible for a child to adjust to camp properly. If you or your campers need extra support or encouragement before camp begins, please call Rafi Daugherty at the camp office (303) 261-8214 x107.

Health

Our medical and nursing staff is trained to focus on the health of all our campers. Our staff responds to any identified medical or emotional issues, provides excellent care and communicates promptly with parents and guardians as necessary.

Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

Medical Forms

To comply with the requirements of the Colorado Division of Human Services, and for the health and safety of your child, fellow campers, and staff, we must receive your child's medical forms by March 1, 2016. **Your child will not be assigned to a bunk until we receive your child's completed forms**, and no camper with incomplete forms will be allowed to board the airport or HEA shuttle. Parents/guardians should log in to CampMinder to complete the online health history form and download and print the physician's form. Your child must have had a physical exam conducted by a physician on or after June 1, 2014.

Immunizations and Medical Equipment:

All children attending Ramah in the Rockies must have received the full complement of routine vaccinations, as recommended by the American Academy of Pediatrics. The routine vaccination of all campers is an important public health matter in the confined environment of a sleep away summer camp. **No waivers of required immunizations, except for documented medical reasons, will be granted. No philosophical waivers will be granted.** Ramah in the Rockies's full vaccination policy is available in the document center on our website.

Your child must have been vaccinated for tetanus on or after September 1, 2006.

If your child uses a nebulizer, be sure to send it to camp marked with your child's name. If your child wears glasses, please send the prescription and an extra pair of glasses to camp. Please write your child's name on his/her glasses case.

If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Please write your child's name on their lens packages. If your child is prescribed a rescue inhaler, please make sure your child is instructed to carry it at all times (including on masa/excursions).

To discuss a specific medical concern, please contact the medical team at nurse@ramahoutdoors.org or Rafi Daugherty, Director of Camper Care, at rafid@ramahoutdoors.org or (303) 261-8214 x107.

Medical Insurance

Our camp medical insurance policy is as follows:

You are responsible for all medical expenses, including prescription drugs that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Ramah in the Rockies for co-payments or other expenses that camp pays to providers or pharmacies on your behalf.

Parents must have primary health insurance coverage for their camper. No child will be accepted into camp without it. If there is a situation where parents find themselves without coverage, please contact Rabbi Eliav Bock immediately.

Camper Health at Camp

Health Center (Mirpa'ah)

Our health center is staffed by a medical professional, typically a Registered Nurse, who is qualified to make appropriate decisions concerning your child's health. We always have a physician on-call by telephone as well.

The health center is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that Colorado state law requires that all medications, except inhalers, creams, and eye drops, be kept in a locked cabinet at the health center. No prescription or over-the-counter medications of any kind may be kept in the bunks. Parents are responsible for paying for prescriptions that are prescribed by the camp doctor and filled locally for your child while at camp.

If your child writes that they have been to the Health Center (*Mirpa'ah* or sometimes "marp"), please remember that the news is several days old. Camp policy is to notify parents when:

- There is an emergency that requires your child to be taken to the hospital or an outside doctor.
- A child is in the Health Center overnight. Parents will be called the following morning.
- A child needs to be taken for x-rays or lab tests. The health center will also call with the results.
- A child needs to begin antibiotics or another prescription medication.

If you should have any questions about the medical care your child is receiving, please feel free to request a conference call with our medical staff and/or chair of our Medical Committee. Please notify camp immediately of any medical condition that develops immediately before the summer.

Medications

Over the past number of years, the quantity of medication doses dispensed to children has risen. In the face of this increase, we have maintained our commitment to employing the safest, most efficient dispensing strategy. The safety of the campers -- that each child receives the correct medicine at the correct time -- is our primary concern. All campers' medications that are dosed in pill form will be pre-packaged and sent to camp prior to the start of each camp session.

We have again contracted with CampMeds, Inc., an outside company, to serve our families' prescription needs for this summer. CampMeds dispenses, packages, and ships medications directly to overnight camps throughout the United States. If your camper will be taking medication in pill form at camp this summer, please read the letter from CampMeds

in the Document Center on our website and then register your camper through the CampMeds.com website. If you have questions, please do not hesitate to contact our business manager Douglas Wolf at douglasw@ramahoutdoors.org. We are confident that this program will help us achieve our primary goal: the health, well-being, and safety of your child.

Medication "Vacation"

We understand that some parents wish to give their child a "vacation" from their regular school-year dose of medication over the summer. Often, this is because camp is assumed to be a less structured, stress-free environment. While camp is definitely a time for relaxed fun, there are many different situations with which one must deal: new social situations, changes in routines, and different levels of structure depending on the day. For these reasons, we strongly recommend that you discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is in any way different from during the school year, please contact Rafi at rafid@ramahoutdoors.org or (303) 261-8214 x107 to discuss this and help make this summer successful for your child.

Lice

Head lice are small, parasitic insects that only live in human hair and feed on human blood. We are sensitive to the fact that these infestations are not caused by poor hygiene and we maintain confidentiality when it comes to campers who require treatment. Please remember that lice can be highly contagious when personal items such as hats, kippot, hair ties, and bedding are shared.

We recommend that you have your camper checked at home or by a professional prior to departing for camp. Ramah in the Rockies will check all campers and staff for head lice upon arrival at camp and if lice are found they will need to be treated before your child can participate in camp. If your camper is found to have lice, we will contact you, as he or she will need to be treated immediately. If you live within a 3-hour drive of camp, we require that you come to camp to pick up your child and remove all lice at home. If you live beyond a 3-hour drive from camp, you must arrange immediate air transportation home for your camper for treatment or agree to have your child treated at camp.

If you choose to have your child treated at camp, there will be an additional charge of \$150 per treatment (with a Lindane type product) for the cost of materials and to compensate for staff member time to mitigate the lice. Multiple treatments are sometimes required. This charge must be paid before treatment begins.

If a child has diagnosed lice prior to coming to camp they need to arrive with a doctor's note stating when the child was treated. This child may have nits present when we examine him/her and we need to know to not repeat the treatment.

Campers who leave camp for treatment may return after they are free of live lice for 24 hours, subject to examination by our health center staff. All campers who were treated for lice will be screened at regular intervals to be sure that the treatment is effective as there is a growing resistance to the commonly used medications.

The best way to avoid this difficult situation is to check your child in the days leading up to camp and **MAKE SURE THAT YOUR CAMPER DOES NOT HAVE LIVE LICE OR EGGS.**

Dental and Orthodontic Work

Prior to the start of camp, it is important that you attend to your child's dental needs. If your child must have dental or orthodontic treatment while at camp, you will be billed directly. Camp is not responsible for lost or damaged retainers. Please label all retainer containers. If your child wears orthodontia/braces, please do not make any significant adjustments immediately before the camp.

Security

Our primary concern is keeping our campers and staff safe. Ours is a caring and nurturing environment in which all programs, in and out of camp, are planned with safety as the first priority. To ensure the most secure environment possible for our campers, the camp leadership have designed the following protocols regarding safety and security:

- The main entrance to camp will be kept closed at all times.
- No unexpected visitors will be allowed into camp.
- All mail must be addressed properly with proper postage affixed. Mail not addressed properly will not be delivered.

Clothing Guidelines

Clothing

It is important for health and cleanliness reasons that your child has sufficient and appropriate clothing. Clothing is subject to heavy wear and tear and, at times, unintended loss. It is therefore advisable to supply children with practical, economical outfits rather than expensive ones. We recommend that you label every item with your child's first and last name (not just initials). Camp is not responsible for lost or damaged clothing. As mentioned above, we will make an effort to return clothes that are labelled with a campers name if the item's value exceeds \$25.

Camper Clothing Policies

As a Jewish camp, we believe in personal autonomy within the framework of our tradition. The established dress code maintains this tradition and expresses the value of proper and modest dress. Levels of modesty should not be dictated only by current fashion norms. We want our children to learn about modesty and respect for their bodies and themselves.

Camp Ramah requires each camper to dress in a way that reflects respect for the educational environment of camp and that meets appropriate standards of good taste, cleanliness, neatness, and *tzniut* (modesty). Camp is not the place for wearing clothing that does not fit into the environment of camp, such as clothing that is very tight, revealing, or in other ways very suggestive or inappropriate.

Ramah staff reserves the right to enforce these policies. With ever-changing fashion norms, many campers like to test the limit at camp. We reserve the right to judge the appropriateness of a camper's clothing and will send a camper back to their *ohel* (tent) to change if necessary.

Guidelines for Appropriate Clothing at Camp:

1. T-shirts with profanity, inappropriate words, phrases, or symbols may not be worn. Also, campers may not wear clothing that advertises alcoholic beverages, cigarettes, or controlled/illegal substances.
2. Please note the following guidelines:
 - No bare midriffs.
 - Underwear may not be visible.
 - No spaghetti straps may be worn.
 - Bra straps may not show.
 - See-through tops, "low-rider" pants, mini-skirts, halter-tops, or backless tops and similar clothing are prohibited.

- Girls may wear one-piece bathing suits or tankinis for rafting and swimming activities; no bikinis are allowed.
3. Shabbat attire: What is fashionable and appropriate to wear at a party may not be in keeping with the holiness of Shabbat. As we sanctify Shabbat, we must be certain that our attire is both special and appropriate.
- During Kabbalat Shabbat, Friday night Ma'ariv, and Shabbat morning services, campers' shoulders must be covered. This means that tank tops and sleeveless tops are prohibited unless covered by a sweater. Although skirt lengths need not be below the knee, they should be appropriately modest by reaching lower than the longest finger when hands are held at the side. Button-down or collared shirts are appropriate. Campers may not wear athletic clothes during these times.
 - On Erev Shabbat (Friday night), we pray together in a central location. To create a communal atmosphere for these occasions, all members of the camp community wear a white collared shirt or white sweater/blouse and khaki slacks/skirts. Please be sure to pack enough white tops for Shabbat.
 - On Shabbat morning, campers should wear clothes conducive to a camp Shabbat atmosphere. This means non-athletic shorts or pants, and a shirt without writing on it. After Shabbat morning services, campers may change into their regular athletic gear or remain in their Shabbat clothes.

Camper Laundry

Camper and staff laundry is sent out every two weeks to an outside service and is returned 2-3 days later. Two-week campers should bring enough clothes to last their entire session. One-month campers can have their clothes sent out when they return from their first excursion. All clothing must be labeled with the camper's name and should be wash-and-wear. Please note, putting initials on clothing DOES NOT SUFFICE. It is very hard for us to return lost and found items to campers when we just see "DG" or "EF" written on the tag. Four-week campers should pack a laundry bag to hold their clothing going to and from the laundry. We will not be able to properly launder dressy blouses, shirts, dresses, etc. As with any laundry service, items may get lost, discolored, or even ruined. Do not send any "dry clean only" items.

Lost and Damaged Items

During the summer you should expect that your child's clothing and other belongings will experience normal wear and tear, and that there will be occasional losses. Do not be surprised to hear in a letter from your child, "We came back from an overnight and my jeans are missing." Please do not send expensive items that could be lost or misplaced. Again, writing full names on all items will increase the odds of lost items being located and returned to their rightful owners. Camp is not responsible for lost or damaged clothing or equipment. Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

Gratuities

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who must do their utmost at all times for each individual, they may not accept gratuities. Please do not embarrass them by offering either money or gifts.

Parents wishing to honor their children's staff are invited to donate to the Staff Enhancement Fund in the name of the staff member. This fund is used to support programming for staff during their free time. To donate, click [here](#) or go to our website, and click on "donate now." Write: "Staff programming" in the text box, and a letter of acknowledgement will be sent to the staff member informing them of your donation.

Hebrew Glossary — מילון

Camper (male/female) (Chalutz: Chalutza) חלוצה\חלוץ
Specialist/s (Mumcheh/chah/ Mumchim) מומחים
Counselor (male/female) (Madrach/a) מדריך
Counselors (Madrachim) מדריכים
Advisor (male/female) (Yoetz/et) יועץ
A division of campers: (Edah) עדה
Entering 3rd and 4th grader (Ilanot) אילנות
Entering 5th and 6th grade (m-taylim) מטיילים
Entering 7th and 8th grade (Solelim) סוללים
Entering 9th and 10th grade (Bogrim) בוגרים
Section "head" (Rosh) ראש
Division head (Rosh Edah) ראש עדה
Management (Hanhallah) הנהלה
Staff (Tzevet) צוות
Camp (Machane) מחנה
Dining Room (Hadar Ochel) חדר אוכל
Tent (Ohel) אוהל
Field (Migrash) מגרש
Health Center (Mirpe'ah) מרפאה
Activity (Peulah) פעולה
Evening activity (Peulat Erev) פעולת עדה
Bunk activity (Peulat Ohel) פעולת אוהל
Edah activity (Peulat Edah) פעולת עדה
Prayer (T'fillah) תפילה
Elective activities (Chug) חוג
Sports (Sport) ספורט
Orienteering- Nevut-- ניווט
Biking- (ofanayim) אופניים
Climbing- Teapous - טיפוס
Horseback riding (Rechivat soosim) רכיבת סוסים
Arts and Crafts (Omanut) אומנות
Singing (Shirah) שירה
Dancing (Rikud) ריקוד
Clean up (Nikayon) נקיון
Campfire (M'durah) מדורה
Breakfast (Aruchat Boker) ארוחת בוקר
Lunch (Aruchat Tzohorayim) ארוחת צהריים
Dinner (Aruchat Erev) ארוחת ערב

JOLI Addendum

JOLI (the Jewish Outdoor Leadership Institute) is the name of the senior camper program at Ramah in the Rockies. Each year, a select group of rising 11th and 12th graders join the JOLI program to learn the skills needed to become competent and confident outdoor leaders. JOLI participants spend about half of their time at our rustic base camp, known as the Ramah in the Rockies ranch, living alongside other campers at Ramah in the Rockies camp. Each year, we expect about 70% of the JOLI participants to have been former campers in the Ramah in the Rockies program and about 30% of them to be new to the Ramah in the Rockies program.

JOLI participants arrive at the ranch one or two days earlier than Ramah in the Rockies campers. They spend their first week at the Ramah in the Rockies base-camp acclimating, learning Wilderness First Aid, and participating in some of the camp activities. During their second week, JOLI participants leave for a six-day excursion in a western national park or forest. Under the supervision of select skilled staff, these young adults will focus on developing tangible leadership abilities while building their wilderness and survival skills. The program will specifically focus on group dynamics, ecological leadership, listening and communication skills, time management and decision-making, and risk management and prevention. JOLI participants will also learn and be evaluated on important wilderness skills including orienteering, wilderness survival, wild edibles, and *Leave No Trace* ethics. This trip will feature a twelve-hour solo experience. JOLI participants return to spend the third week at base-camp, where they have a chance to continue their development as counselors in training (CITs) for our younger campers in addition to spending time planning a second six-day excursion. During the final week of JOLI, participants can choose to continue assisting with our younger campers at basecamp and on their *masa* (excursion) or return to the backcountry for a second six-day trip where the JOLI participants take the lead on planning, packing, and guiding the trip. All participants return to base camp for the final Shabbat of their session.

JOLI Gear

JOLI participants are expected to bring the same gear as other campers plus some extra items because of the high altitude at which participants will be hiking. These include:

- A very warm fleece (last year our JOLI participants camped in snow in early July)
- An additional warm long sleeve shirt
- A high quality rain jacket
- A warm hat
- A good fitting framed backpack
- Extra-bug repellent
- An LED head lamp
- At least 7 pairs of high quality hiking socks
- Non cotton pants (nylon athletic pants or Nylon “zip off pants” will suffice)
- Rain pants (these can be high quality Gore-Tex, or simple rubber ones from Target)
- Warm gloves
- Camping mattress

CPR

Please note that the Wilderness First Aid Course offered to JOLI participants does NOT include CPR training. We encourage all participants to register for a CPR class through their local Red Cross before coming on the program. While this is not a requirement, it is an important skill to have as a future outdoor leader.