



***Camp Handbook  
Summer 2019***

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# Summer 2019 Reference Guide

## Camp Dates:

**Session 1:** June 18 - July 15

1A: June 18 - July 2

1B: July 2 - July 15

**Session 2:** July 18 - August 14

2A: July 18 - July 31

2B: July 31 - August 14

## Addresses:

**Summer:**

26601 Stoney Pass Road

Sedalia, CO 80135

**Winter:**

300 S. Dahlia Street #205

Denver, CO 80246

## Contact Numbers:

Camp Main Office: (303) 261-8214 x0

Parent Liaison: (303) 261-8214 x 119

**Website:** [www.ramahoutdoors.org](http://www.ramahoutdoors.org)

**Photos:** [ramahrockies.smugmug.com](http://ramahrockies.smugmug.com)

## Edot and Grades:

Ilanot: Entering 3rd and 4th Grade

Metaylim: Entering 5th and 6th Grade

Solelim: Entering 7th and 8th Grade

Bogrim: Entering 9th Grade

Sayarim: Entering 10th Grade

JOLI: Entering 11th or 12th Grade

## Year Round Staff Directory:

*Executive Director*

Rabbi Eliav Bock

[eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org)

*Development and*

*Communications Manager*

Lisa Holstein

[office@ramahoutdoors.org](mailto:office@ramahoutdoors.org)

*Colorado Community Engagement*

*Director*

Stacy Wasserman

[stacyw@ramahoutdoors.org](mailto:stacyw@ramahoutdoors.org)

*Chief Operations Officer*

Matt Levitt

[matt@ramahoutdoors.org](mailto:matt@ramahoutdoors.org)

*Registrar*

Sandra Yaron

[sandray@ramahoutdoors.org](mailto:sandray@ramahoutdoors.org)

*Director of Inclusion*

Moss Herberholz

[inclusion@ramahoutdoors.org](mailto:inclusion@ramahoutdoors.org)

*Assistant Director*

Julia Chatinover

[juliac@ramahoutdoors.org](mailto:juliac@ramahoutdoors.org)

## Our Mission

The mission of Ramah in the Rockies is to nurture the character development of Jewish youth by providing them the opportunity to challenge themselves physically, intellectually, and spiritually.

## Our Vision

Ramah in the Rockies aspires to educate and inspire a new generation of young Jewish leaders who:

- Are Jewishly and environmentally literate
- Are committed to living enlightened Jewish lives
- Actively strengthen the broader Jewish community
- Preserve and protect the earth's natural gifts
- Inspire positive change in the global community through their example of environmental stewardship and the perpetuation of Jewish values

## Our Core Values

**Kavod** – *Acting with honor, dignity, and respect*

“Who is honored? One who honors others.” (Pirkei Avot 4:11)

At Ramah in the Rockies, our culture of *kavod* drives every aspect of what we do. Our camp is founded on the ideals of honesty, respect, and inclusion, which comprise the essence of who we are as a community. When we show *kavod* to others, to the environment, and to ourselves, we connect with the traditions of our ancestors and inspire a culture of kindness that can change the world.

**Simcha** – *Finding joyful Jewish meaning in every aspect of our lives*

The dynamic culture of Ramah in the Rockies inspires a unique sense of *simcha* (joy) on the ranch. As our campers establish lifelong friendships and build a vibrant community, they come to know a raw and authentic joy through the lens of teamwork, learning, and spiritual growth. This joy has a transformative value: its spirit sows the seeds of everything we do.

**S'micha Ishit** – *Accepting the challenges of personal transformation*

At Ramah in the Rockies, we believe in Challenge by Choice, and daily give our campers the opportunity and encouragement to challenge themselves physically, intellectually, and spiritually. Throughout every summer, while engaging in a wide variety of outdoor activities, campers build confidence, learn leadership skills, and ultimately become fully participatory members of the larger Jewish community. These skills stay with our campers in whatever they choose to pursue, both during and after the summer experience.

**K'sharim** – *Connecting with our physical and spiritual surroundings*

What does connection mean? At Ramah in the Rockies, it means strengthening our relationship with God, supporting Israel and the Jewish people, building and sustaining our communities and important institutions, embracing God's natural gifts, and becoming worthy caretakers of our environment. As we build a *kehillah kedoshah* (holy community) in the Rocky Mountains, we create connections with each other, our communities, and the world around us.

# Transportation To and From Camp

Please be sure to complete the online Transportation Survey form so we know how your camper will be arriving and departing camp, and whether they will need a seat on the Ramah in the Rockies shuttles. Shuttle buses travel to/from Denver International Airport (DEN) OR to/from Hebrew Educational Alliance (HEA), a local synagogue in Denver, and are available for a nominal fee on the first and last days of each session.

Have travel questions? Contact our staff at:  
transportation@ramahoutdoors.org or (303) 261-8214 x0.

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## Plane

*Most of our out-of-state campers fly to/from camp. Denver International Airport (DEN) is the airport we use.*

- **On ARRIVAL days, campers' flights must arrive between 9:00 am to 11:30 am.**
- **On DEPARTURE days, campers' flights must depart between 10:15 am to 3:00 pm.**

Ramah staff meet all flights arriving within our travel window (9:00 am to 11:30 am) at the gates, then escort arriving campers to baggage claim. Ramah staff escort campers through security and to their gates for all flights departing within our travel window (10:15 am to 3:00 pm). There is a shuttle to/from the airport for a nominal fee.

**We strongly encourage parents to plan their camper's arrival and departure within our travel windows to ensure smoother, less stressful travel days for everyone. We understand, however, that not all cities and airlines have the same flexibility in selecting travel. Before making flight arrangements outside our travel windows, please contact us at transportation@ramahoutdoors.org OR (303) 261-8214 x0.**

## Unaccompanied Minors:

Any young camper who will be flying as an official "unaccompanied minor", for which their family pays the airline an additional fee, must arrive on either a United or Southwest Airlines flight, AND flight times must still be within the time windows shown above. Both United and Southwest Airlines have special holding rooms at Denver International Airport where campers will be comfortable and supervised until they are met by Ramah staff.

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

<b>Designated Pickup Person</b>	<i>First Name:</i> Camp <i>Last Name:</i> Ramah
<b>Camp Name</b>	Ramah in the Rockies
<b>Address</b>	26601 Stoney Pass Road, Sedalia CO 80135
<b>Camp Phone</b>	(303) 261-8214
<b>Secondary Contact, if necessary</b>	Rabbi Eliav Bock, same address, same phone

## Plane, cont.

### Things to Know:

#### First Day of Camp

- All campers arriving on flights within our travel window (9:00 am to 11:30 am) are met at their gate by Ramah in the Rockies staff. Please have your child remain at their gate until met by a Ramah in the Rockies staff member. While our staff do their best to be at each gate on time, there are many flights arriving very closely together and our staff may just be a few gates down. Your child should wait at their gate.
- Campers flying as unaccompanied minors (UM) must use either United or Southwest Airlines.
- We highly recommend that campers arriving before 9:00 am fly as unaccompanied minors. Campers arriving before 9:00 am will be met after 9:00 am by Ramah airport staff.
- Our airport shuttles depart for camp in waves, with the last one leaving promptly at 12:00pm.
- A box lunch is provided on the shuttle.
- Parents must make prior arrangements for alternate transportation to camp for any flights arriving after 11:30 am. Extra shuttles typically cost \$200-\$250.

#### Last Day of Camp

- All campers riding airport shuttles are helped with checking bags, getting boarding passes, and navigating security.
- Campers on flights departing between 10:15 am and 3:00 pm are escorted to their gates.
- For the safety of our staff returning to camp, Ramah staff CAN NOT stay with campers whose flights depart after 3:00 pm. In the event of delayed flights, a local parent is on call to assist at the airport or to house campers.
- Staff will attempt to help campers check bags for flights departing after 3:00 pm, but airline policies may prevent this. Campers are then responsible for checking their own bag(s).
- Airport shuttles depart camp in three waves; campers are placed and wave times finalized based upon departure flight times.
- A box breakfast or lunch is provided.
- Parents must make prior arrangements for alternate transportation to the airport for any flights departing before 10:15 am. Extra shuttles typically cost \$200-\$250.

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## Bus

Ramah in the Rockies has a shuttle bus for Denver area campers. The drop off/pick up point is the Hebrew Educational Alliance (HEA) synagogue, 3600 S. Ivanhoe Street, Denver CO 80237

### Things to Know:

#### First Day of Camp

- Parents should meet Ramah staff at the HEA parking lot between 9:00 am and 9:30 am.
- The HEA shuttle departs for camp promptly at 10:00 am.
- Campers arrive at camp in time for lunch.

#### Last Day of Camp

- Parents should plan to pick up their campers between 10:30 am and 11:00 am in the HEA parking lot.
- The HEA Shuttle departs from camp at 9:00 am.
- Lunch is NOT provided.

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## Car

Families are welcome to drive their children to/from camp.

### Things to Know:

#### First Day of Camp

- Parents should drop their children off at camp between 11:30 am and 1:00 pm.
- To ensure proper care of your child, we are unable to welcome your camper before 11:30 am.
- Camp tours are available at 12:00 pm and 12:30 pm. No tours are available after 12:30 pm.
- Parents **MUST** leave by 1:00 pm to ensure their safety and the safety of our shuttles traveling the dirt road to camp.

#### Last Day of Camp

- Parents **MUST** pick children up between 9:30 am and 11:00 am.
- Parents not picking their children up by 11:00 am will be charged an additional service fee.
- Parents may **NOT** pick up their children earlier than 9:30 am for the safety of all traveling the dirt road from camp.

Camp is approximately 1 ½ to 2 hours from Denver. For driving directions, please contact: [office@ramahoutdoors.org](mailto:office@ramahoutdoors.org) or (303) 261-8214 x0.

# Packing Information

***Please see Appendixes 1 & 2 for detailed lists.***

There is always a sense of excitement and anxiety when it comes to packing that centers around making sure the “right” gear and clothing find their way into our bags. This section covers our clothing guidelines and policies, laundry services, and information about what your child should and should not bring to Ramah in the Rockies.

- If you need technical information to help you evaluate camping gear, **Appendix 1: Selecting Outdoor Gear** reviews what gear your camper will need and points to consider prior to purchase.
- If you want a 2-page, simple, packing checklist, **Appendix 2: Packing List** has what to bring and is easily printed.

## Camper Clothing Policies

Ramah in the Rockies requires each camper to dress in a way that reflects both respect for the educational environment of camp as well as cleanliness, neatness, and *tzniut* (modesty). Therefore, t-shirts with profanity, inappropriate wording or symbols, advertising for alcohol or tobacco products, or promoting controlled or illegal substances may **not** be worn.

As a general policy regarding modesty for all genders, the parts of the body that are covered when wearing a sport tank top and athletic shorts should be covered at all times. In addition, underwear should not be visible in any position. One-piece bathing suits or tankinis (NO bikinis) are acceptable for girls during rafting and water activities. Campers will be sent back to their *ohel* (tent) to change if their clothing does not follow these guidelines.

## Shabbat Clothing

Part of the sanctification of Shabbat is ensuring that our clothes are both special and appropriate. When we come together to pray on *Erev Shabbat* (Friday evening), we all dress in white outfits. This tradition strengthens the sense of community and connection we experience on Shabbat.

For Friday evening and Shabbat morning services, please bring skirts and shorts that extend beyond the longest finger when arms are held at the side as well as a shirt or sweater that covers the shoulders. Athletic clothing and white shirts/tops with writing are not in line with the holiness of Shabbat.

## Laundry and Luggage

Laundry is sent to an outside service every two weeks and returned 2-3 days later. Two week campers should pack enough clothing to last their entire session. Four week campers will have laundry service after their first *masa* (backcountry excursion). **Label everything with your camper's first and last names** (no initials) as mix-ups do occur.

Please note that special care or dry clean only clothing should not be brought to camp. As with any laundry service, it is possible for clothing to become lost, discolored, or ruined.

Campers are required to unpack their belongings at the start of camp and stow their bags beneath their bunk beds. Duffel bags and foldable suitcases are highly recommended. Trunks and hard-sided suitcases are discouraged as there is not space for them in the *ohel* (tent).

## Lost and Damaged Items

During the summer, your camper's clothing and other belongings will experience normal wear and tear. It is also possible that there will be occasional losses. Please do not send expensive or sentimental items. We cannot stress enough that writing your camper's full name on everything will increase the odds of returning items to their rightful owners should they be misplaced.

At the end of camp, items worth less than \$25 are donated to a local charity. For the cost of postage paid by the family, we will mail items worth more than \$25 and for whom we can readily identify the owner.

Camp is not responsible for lost or damaged clothing or equipment.

## Electronics

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. All portable electronics are collected on the first day of camp, recharged, and locked up for the duration of the campers' sessions.

Electronic games, DVD players, and MP3 players are not permitted at camp. Campers who require an MP3 player to cope with anxiety or to learn their Bar/Bat Mitzvah portion, etc., will be allowed to listen to them **ONLY** when seated in their tent and on their beds; earphones may never be worn outside of the tents. Any MP3 players brought to camp must only be able to play music (no devices capable of connecting to the Internet or cell signals) and may not be brought on excursions under any circumstances.

While we prefer campers to read from actual books while at camp, we understand that some might want to use their e-readers or may not even own paper books anymore. E-readers are highly discouraged and may **only** be used if they are the basic versions (without data connection capability such as 3G, 4G, LTE, or WIFI). Additionally, e-readers may only be used while on a camper's bed. 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 use in their tents is solely at their own risk.***

## Money & Buying Camp Swag

Campers need only bring a small amount of spending money if they are traveling to Denver without their parent or guardian. **The only items campers may buy with cash during their time at camp are airport snacks on travel days.** There is no need to bring money on any excursions, as all meals and snacks are provided by camp. All cash, valuables, and electronics will be collected on the first day of camp for the duration of the campers' sessions.

Camp "swag" (t-shirts, sweatshirts, hats, etc.) will be available for purchase throughout the summer at our new camp *shuk*. Items range in cost from \$5 - \$40. All campers are given \$5 credit to the *shuk*, which is included in their tuition. If you would like your camper to be able to make purchases above \$5 at the *shuk*, you may add a credit of any size to their camp account. To do this, log into your CampMinder account, scroll down to the bottom of the page and click on "View Accounts." You may then click on the mute-colored "Fund" button next to each registered child's name to place monies into a camp account for that child. At the end of the summer, parents may choose to donate any remaining balance to our Scholarship fund, roll over balances towards next year's tuition, or request a refund. Refunds are made by paper check. Alternately, you may authorize your camper to use your credit card on file to purchase camp swag items.

## Food

**Do not send food or snacks to camp.** Food in tents invites unwanted animal guests and could result in 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 counselor will open packages with your camper and all food items will be removed.

# Health and Safety

Our medical and nursing staff are trained to focus on the health of all our campers. Our staff is committed to responding to any identified medical or emotional issue, providing excellent care, and communicating 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 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 15, 2019**. 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 shuttles.

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, 2017.**

## 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' full vaccination policy is available in the document center on CampMinder.

**Your child must have been vaccinated for tetanus on or after September 1, 2009.**

If your child uses a nebulizer, be sure to send it to camp marked with your child's name. If your child is prescribed a rescue inhaler, please make sure your child is instructed to carry it at all times (including on excursions).

If your child wears glasses, please send the prescription and an extra pair of glasses to camp. Write your child's name on his/her eyeglass case. If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Write your child's name on their lens packages.

To discuss a specific medical concern, please contact our medical team: [nurse@ramahoutdoors.org](mailto:nurse@ramahoutdoors.org)

## 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 at [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org) or (303) 261-8214 x104.

## Camper Health at Camp's 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. 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. **Any medication that is not an inhaler, cream, or eye drops may not 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 (which we call the *mirpa'ah* or sometimes "the 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 by 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 other 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 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 our campers - that each child receives the correct medicine at the correct time - is our primary concern.*

*After issues with the CampMeds system in past summers, we are changing our system for medications at camp. Our medical committee is currently exploring various options to ensure the safe, accurate administration of daily medications at camp. **We will publish our NEW medication policy in February.***

*If your camper will be taking daily medication in pill form at camp this summer, **please read this information carefully** when it is posted. We will send it out via email, and upload the information to our website and CampMinder.*

*If you have questions, please do not hesitate to contact Rabbi Eliav Bock at [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org).*

## Medication "Vacation"

We understand that some parents may wish to give their child a "vacation" from their regular school-year dosage of medications 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 campers must deal: new social dynamics, changes in routines, and differing 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 our Assistant Director, Julia Chatinover, [juliac@ramahoutdoors.org](mailto:juliac@ramahoutdoors.org) or (303) 261-8214 x106.

## Lice

**Please do not send your camper to Ramah with 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 child checked at home or by a professional prior to leaving for camp. Our Health Center staff will check all campers and staff for head lice upon arrival at camp. If your camper is found to have lice, we will contact you as your camper will need to be treated immediately and before being allowed to participate in any camp activities.

If you live within a 3 hour drive from camp, we ask 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 either arrange immediate air transportation home for your camper or agree to have your child treated at camp. Campers who leave camp for treatment may return after they are free of live lice for 24 hours, subject to examination by our nurse.

**If you choose to have your child treated at camp, there will be an additional charge of \$150 per treatment for both the cost of materials and to compensate staff member time for mitigating the lice.** We use a pyrethrum-containing product and **two treatments are required.** This charge must be paid before treatment begins. All campers who have been treated for lice will be screened at regular intervals to ensure that the treatment is effective as there is a growing resistance to commonly used medications.

If a child has had lice or nits prior to coming to camp, they must bring a medical or lice removal specialty company note stating when the child was treated and what product was used. Nits can remain even after adequate treatment. We want to avoid additional or unnecessary treatments for your child.

While we check campers upon arriving at camp, and monitor throughout a session, we also know that on occasion a camper will only present with lice after a week or so of being at camp. In the event that a camper contracts lice at camp, we will treat with a pyrethrum-containing product. We encourage families to check their children for lice after returning from camp, and to alert our staff if any are found.

## 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 orthodontics or braces, please do not make any significant adjustments immediately before 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 enacted the following protocols regarding safety and security:

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

# Communication

## Family Emergencies

In case of family emergency, please contact our Parent Liaison at (303) 261-8214 x119 and state your emergency. Your call will be handled as quickly as possible. 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 there might be a family emergency before your child leaves for an excursion, please contact our Parent Liaison at (303) 261-8214 x119 and they will work with you to determine a plan of action. **Please note: if an emergency arises while a child is out on an excursion, you will not be able to speak with him/her directly.** We will attempt to pass along your message to the camper via their 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 them back to base camp.

## Telephone Calls

In order to create a positive and intensive Jewish summer experience, the Ramah environment is unencumbered by modern technologies. Your child will not have direct access to any phone or means of communication other than a paper and pen. These policies have been adopted so that your child will be able to adjust to camp life as smoothly as possible.

If you need to discuss something with your child, please contact our Parent Liaison at (303) 261-8214 x119, who will help you communicate with your child in case of family emergencies or other special circumstances.

## Whom Do I Call At Camp?

Please contact our Parent Liaison at (303) 261-8214 x119 with any questions or concerns. Our Parent Liaison will either assist you directly or connect you with another member of our staff who will be able to help.

## How to Send Email Letters to Campers

To send your camper one-way emails, which are printed daily (except Shabbat) and then distributed to campers, please go to [www.ramahoutdoors.org](http://www.ramahoutdoors.org) and log in to your CampMinder account. At the top, left of your account page, there is an email link OR you may scroll down to the bottom of your account page to the Online Community section and click on the link to email your camper.

You may send up to two emails to each camper per day from each account. We do not charge or require parents/guests to purchase “stamps” to send one-way emails. If you have additional people (e.g. grandparents) who would like to send emails to campers, please click on “Guest Accounts” to create a guest account for them to email your camper.

Please note that CampMinder’s one-way email system does not support foreign alphabets.

Should you have any questions or difficulties with the one-way emails, please call CampMinder at (303) 444-CAMP.

## How to Send “Snail Mail”

Letters should be addressed:

Full Name of Camper

Ramah in the Rockies, Ohel # \_\_\_\_\_

26601 Stoney Pass Rd.

Sedalia, CO 80135

## Updated Package Policy - NEW - Flat Package Policy

We all agree that strengthening friendships, interacting with nature, and building a sense of community are hallmarks of camp. To this end, starting Summer 2019 Ramah in the Rockies WILL ONLY ACCEPT (besides letters, postcards, and one-way emails) **large flat envelopes up to 12"x15"** for magazines, photos, or books. Small items such as stickers, pens, and silly bandz are permitted as long as they fit inside the flat envelope. Any package that is not flat or contains anything other than books will not be delivered to your camper.

**RATIONALE:** At Ramah in the Rockies, we strive to maintain a clean, healthy environment. An abundance of packages creates unnecessary waste, increases the focus on "stuff" that we try to de-emphasize at camp, and raises issues of inequality, competition, and unnecessary social pressure.

**NECESSARY ITEMS:** Should your child forget an item (e.g. sunscreen, water bottle, or sandals), please be in touch with our Camper Care Team, [campercare@ramahoutdoors.org](mailto:campercare@ramahoutdoors.org) OR our Parent Liaison, 303 261 8214 x119 before sending them. Camp is able to obtain these items for your camper, avoiding the wait and hassle of shipping something to camp.

If an item still needs to be mailed to camp, after obtaining permission, please address the package to:  
Child's Name c/o Camper Care

**BIRTHDAYS:** We understand the importance of celebrating birthdays at camp. For campers celebrating a birthday at camp, a package may be sent (no food or prohibited items) and should be addressed as follows:  
Child's Name c/o Camper Care--hold for birthday

**APPROVED PACKAGES:** All approved packages and large envelopes will be opened by our office staff prior to distribution. Please **do not send food, candy, or gum**. As always, all food items will be dumped. If a package arrives that is not pre-approved, it will be returned, unopened, to the sender.

This new policy puts us in line with many other camps and we appreciate your cooperation in implementing it. You may direct questions to Rabbi Eliav, [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org) or Julia, [juliac@ramahoutdoors.org](mailto:juliac@ramahoutdoors.org).

To avoid potential frustration, please share this policy with your camper, other family members, and friends.

## Website and Social Media:

Throughout the summer, we will be posting regular updates to our social media accounts as well as our website and blog. Please "like" and "follow" our Facebook page for notifications about new photo uploads, arrival day updates, and links to our latest blog posts.

**Website:** [www.ramahoutdoors.org](http://www.ramahoutdoors.org)

**Facebook:** [www.facebook.com/ramahintherockies](http://www.facebook.com/ramahintherockies)

**Photos:** [www.ramahrockies.smugmug.com](http://www.ramahrockies.smugmug.com)

**Videos:** [www.youtube.com/ramahoutdoors](http://www.youtube.com/ramahoutdoors)

**Instagram:** [www.instagram.com/ramahrockies](http://www.instagram.com/ramahrockies)

**Twitter:** [www.twitter.com/ramahrockies](http://www.twitter.com/ramahrockies)

## Camp Photos

At Ramah in the Rockies, we strive to provide an easy method of communication from parents and guardians to campers. Therefore, we are committed to posting regular photo updates so that everyone may 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.

Due to our remote location and limited internet bandwidth at base camp, our communications team must travel to nearby towns (over an hour away) in order to upload photos. **Therefore, we are only able to guarantee new photo updates two times a week.** Please understand that not every camper will be in every photo update. Additionally, your camper(s) will not appear in photos when they are on their *masa'ot* (backcountry excursions).

For your convenience, we will be posting notifications on our Facebook page ([www.facebook.com/ramahintherockies](http://www.facebook.com/ramahintherockies)) each time a new album of camp photos is uploaded. Please “like” and “follow” our Facebook page to receive these notifications.

To access photos of your camper(s), visit: [www.ramahrockies.smugmug.com](http://www.ramahrockies.smugmug.com). Pictures can be easily downloaded and printed from the site. **Please note that we do not use the photo system built into CampMinder.**

## How to Send an Email to a Member of Our Staff

- To contact our Parent Liaison, use: [campercare@ramahoutdoors.org](mailto:campercare@ramahoutdoors.org)
- To contact our camp nurse during the pre-season or summer, use: [nurse@ramahoutdoors.org](mailto:nurse@ramahoutdoors.org).
- To contact all other summer staff, email: [office@ramahoutdoors.org](mailto:office@ramahoutdoors.org) and our office manager will ensure that it is delivered to the appropriate person.

# Life at Camp

## Religious and Educational Orientation

Camp is committed to providing campers with an opportunity to live a full Jewish life by encouraging them 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.

## Religious Observance

During the summer, your child will experience Shabbat “Ramah-style” -- *t’fillot* (prayers) 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.

- Daily attendance at *t’fillot* (prayers) is mandatory,
- At *t’fillot*, male-identified campers over the age of 13 are required to wear *tallit* and *t’fillin*, while female-identified campers are strongly encouraged to do so,
- Male-identified campers are required to cover their heads for meals and during *t’fillot* with either a *kippah* or hat,
- On Shabbat, we ask that campers refrain from writing, using electricity, and playing musical instruments.

## Hebrew Language

Hebrew is the language of our people, connecting 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, **Appendix 3: Hebrew Glossary** is located at the end of this handbook with a *milon* (glossary) of the most commonly used Hebrew words at camp.

## The Program Day and Participation

Ramah provides each camper with an exciting schedule of recreational and cultural activities each day. A camper coming to Ramah knows and understands that the day is a full one, and that everyone is expected to participate in all of the activities of camp.

## Typical Day

7:00 am	<i>Kimah</i> (Wake Up)
7:40-8:20	<i>Aruchat Boker</i> (Breakfast)
9:30-9:15	<i>Shmirat HaGuf</i> (Caring for our Bodies) - morning exercise and <i>T'fillot</i> (Prayers) - caring for our souls
9:15- 9:30	<i>Hachanah</i> (Morning Prep Time) - applying sunscreen, filling water bottles, getting ready for the day's activities
9:40-10:40	<i>Perek Aleph</i> (Activities may include: horseback riding, mountain biking, ropes course/rock climbing, wilderness survival, archery, arts & crafts, farming and animal care, mining, zumba, duathlon training, sports & more)
10:50-11:50	<i>Perek Bet</i> (Activities may include: horseback riding, mountain biking, ropes course/rock climbing, wilderness survival, archery, arts & crafts, farming and animal care, mining, zumba, duathlon training, sports & more)
12:00-12:50	<i>Aruchat Tzohorayim &amp; Shira</i> (Lunch & Song Session)
1:00-2:20	<i>Sha'at Minucha</i> (Rest Hour) and <i>Nikayon</i> (Bunk Cleaning)
2:30-3:20	<i>Perek Gimmel</i> - Edah Time (age group time) and Limmud (project-based Jewish Learning)
3:30-4:20	<i>Perek Dalet</i> (Activities may include: horseback riding, mountain biking, ropes course/rock climbing, wilderness survival, archery, arts & crafts, farming and animal care, mining, zumba, duathlon training, sports & more)
4:30-5:20	<i>Perek Hey</i> (Activities may include: horseback riding, mountain biking, ropes course/rock climbing, wilderness survival, archery, arts & crafts, farming and animal care, mining, zumba, duathlon training, sports & more)
5:20-5:50	<i>Michtav u' Miklachat</i> (Letter Writing and Shower)
6:00-6:50	<i>Aruchat Erev</i> (Dinner)
7:00-7:50	<i>Peulat Erev</i> (Evening Program)
8:00-8:30	<i>Lilah Tov</i> Preparations and <i>Harga'ah</i> (Calming Activity)
8:30 pm/9:00 pm	<i>Lilah Tov</i> (Good Night)

# Rules and Regulations

Your child is an important part of the Ramah camp community. Camp's responsibility to you, to your child, and to our governing agencies (Colorado Department of Human Services, National Ramah Commission, and others), and its primary goal, is to provide a safe and healthy summer experience for all.

The camp rules and regulations are important. Both the camper and parents agree to abide by these policies. To best serve our community, they are under constant review by the professional staff in consultation with the camp committee. **Please familiarize yourself with the 2019 rules and carefully review them with your child. If you are concerned about your child's ability to comply with them, contact Rabbi Eliav at [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org) or (303) 261-8214 x104.**

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. If you have any questions, contact Rabbi Eliav at [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org) or (303) 261-8214 x104
2. Parents, relatives, or friends may not drop by to visit campers. Camp must remain a closed community in order to protect your children and maintain the special atmosphere of camp.
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, vape, use, or have e-cigarettes of any kind ( JUUL, etc.) while at camp. Possession or use of these substances will result in automatic and immediate dismissal with no tuition refund.
7. No camper is permitted to leave the ranch, except as part of a supervised camp activity that is authorized by the camp administration. During out of camp activities (masa'ot, day trips), campers are not permitted to leave the group or campsite without staff supervision. Violating this rule is cause for dismissal. No tuition refund is granted.
8. Each *edah* (age group), 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. 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 involved will be dismissed and barred from the property.

11. Ramah is, in the truest sense, the property of the Conservative Jewish community. Camp does not belong to any single individual. Everyone who uses 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 its counselors, are responsible for the cleanliness and general safety conditions of the bunk. Additionally, everyone participates at scheduled times in a general cleanup of camp.

**Service Projects:** All campers are expected to participate in ongoing service projects at base camp. Some are for the benefit of our community in the short term (like cleaning a messy building) and others 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 \$50 cleaning fee will be charged to the family of any camper 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. 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 ever-increasing media exposure of professional poker tournaments, we are starting to see campers hoping to play cards for money. Our camp policy is that while 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 to not "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 let us know. It is best to email either Julia [juliac@ramahoutdoors.org](mailto:juliac@ramahoutdoors.org) or Rabbi Eliav [eliavb@ramahoutdoors.org](mailto:eliavb@ramahoutdoors.org). They will make the appropriate connections to a member of our camper care team, program team, or other senior staff.

## Gratuities

Staff members at Ramah in the Rockies may not accept gratuities. Parents wishing to honor their children's *madrichim* (leaders) are invited to donate to the Staff Enhancement Fund in the name of the staff member. This fund is used to support programming for our staff during their free time. To donate, please visit our website, and click "Donate Now" in the top right corner of the homepage. In the "Notes" text box, write "Staff Enhancement Fund" and the name of the staff member(s) you wish to honor. A letter of acknowledgement will be sent to the staff member(s) informing them of your donation.

# APPENDIX 1

## Selecting Outdoor Gear

If you are new to buying outdoor gear, the entire enterprise can seem a little overwhelming. Indeed, there are hundreds of options available at a variety of price points. Camping gear may be purchased at almost any outdoor store, and specialty stores such as REI will carry everything needed. Online retailers like backcountry.com and campmor.com may be a good choice for items where sizing isn't critical.

Some things to consider when shopping for camp:

- Is this going to be the only time your child engages in outdoor adventure activities, or this a lifelong passion?
- Is your child still growing?
- Can you borrow equipment from a friend for a few weeks?

### Must Have Gear and Descriptions

- 1. Rain Jacket** – Every camper should pack a waterproof, breathable rain jacket. The fabrics used aim to keep rain out while allowing perspiration to escape. As camp doesn't stop simply because of rain, it is important to be able to hike, bike, etc. while wearing a jacket that doesn't leave you drenched in sweat. While there are many different proprietary laminates, the difference is mainly in how breathability versus waterproofness and durability is balanced. In general, 3-layer fabrics are the most durable and waterproof, but are also the most expensive and possibly heavier; 2 or 2.5 layer fabrics (like Gore-Tex, Precip, HyVent, and 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 (like Frogg Toggs). **We cannot overstate how important having a WATERPROOF rain jacket is.**
- 2. Sleeping Bag** – All campers must pack 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. Sleeping bags are usually sized by height, but there are also a number of women-specific models. If you are borrowing a sleeping bag from friends or family, remember that synthetic insulation loses its value over time, particularly if it has been stored tightly stuffed. Also, when it comes to sleeping bags, **bigger isn't better**, as the sleeping bag has to fit inside a hiking backpack. Please bring one that is compact/lightweight (under 3 lbs.), and appropriately sized and temperature rated.
- 3. Hiking Shoes/Boots (1 pair)** - Supportive shoes or boots that fit properly and are broken in are the single most important gear item to bring. Breathable, light- to mid-weight hiking boots are 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 coming to camp. **Ilanot and Metaylim** campers (entering grades 3-6) should bring hiking boots if they already have them. Otherwise, good quality closed-toe sneakers/gym shoes are fine. We suggest that **Solelim and Bogrim** campers (entering grades 7-9) pack hiking boots. If they do not, it may restrict their *masa'ot* options (backcountry excursions). **Sayarim and JOLI** campers (entering grades 10-12) **MUST** have hiking boots.
- 4. Non-Cotton Socks (3-5 pairs)** – Non-cotton socks are required for Solelim, Bogrim, Sayarim, and JOLI campers (entering grades 7-12). Metaylim campers (entering grades 5-6) who will be at camp during Sessions IB or IIB also need non-cotton socks. We suggest a light- or medium-weight merino (no itch) wool or synthetic blend

(without any cotton). Some people like to wear a pair of light synthetic liner socks underneath their heavier outer sock. When you are breaking in your hiking boots, we suggest wearing the socks you will wear at camp.

5. **Hiking Shirts (2)** – Made from quick dry or wicking material, like merino wool, polyester or Capilene, these shirts will provide warmth and comfort in wet and dry conditions because, 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 (pants, socks, and underwear, too) will help prevent rashes, rubbing discomfort, and even hypothermia.
6. **Water Bottles (2)** – 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 their water bottle. If you elect to bring a water bladder (such as a Camelbak), please make sure you have a way to carry it around camp.
7. **Flashlight** – A headlamp is even better as it frees your hands. LED lamp with 2-3 LEDs will suffice. Bring extra batteries!
8. **Day Pack/ Fanny Pack** – We suggest campers bring a day or fanny pack to carry gear (water bottle, sunscreen, hat, etc.) around base camp.
9. **Sunglasses with Strap** – A strap not only keeps your camper's sunglasses on during activities, but also helps us to minimize the number of sunglasses in our lost and found.

### **Additional Gear (optional for Ilanot, Metaylim, Solelim, Bogrim - entering 3rd-9th grade; MANDATORY for Sayarim & JOLI - entering 10th-12th grade)**

1. **Rain Pants** - A pair of rubber rain pants from Target will suffice, unless you would prefer to spend the extra money and buy coated nylon or Gore-Tex pants. If you are going to splurge on a single item of optional gear, make it rain pants. Your camper will be very grateful if they find themselves in the rain on *masa* (backcountry excursion).
2. **Internal or External Framed Backpack** - We recommend a backpack that can store 4-5 days' worth of gear for Solelim, Bogrim, Sayarim, and JOLI campers (entering 7th-12th grades); one that can store 3 days' worth for Metaylim campers (entering 5th-6th grades). Ilanot campers (entering 3rd-4th grade) do not need one.
3. **Sleeping Pad** - We suggest a 3-season foam or self-inflating sleeping pad, with an R-value of 2.4 or higher. Far more important than the cushioning provided 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 ( $\frac{3}{4}$  of your height is adequate, full length is more luxurious/expensive and heavier). Foam pads can usually be trimmed to the appropriate length. We do not recommend pads that require pumping, as they are less durable.
4. **Warm Hat and Gloves** - Hats and gloves made of lightweight synthetic or wool combat the cool mountain night chills.
5. **Compression Sacks** - Waterproof compression sacks allow your camper to pack their hiking backpack more efficiently, and ensures that their gear and belongings remain dry in the rain.

### **Knives**

Campers entering grades 7-12 may bring a folding pocket knife with locking blade or multi-tool (Leatherman) with locking blade. Younger campers (entering grades 3-6) may be trained in knife skills using Ramah in the Rockies' knives.

All knives must be turned in on the first day to counselors and will be given out before campers leave on *masa* (backcountry excursion), at their trip leader's discretion.

## APPENDIX 2

### Packing List

For more information about technical gear, see [Appendix 1: Selecting Outdoor Gear](#)

**Please label your children's belongings with their first and last names, not just their initials.** Labels increase the likelihood that your child's belongings find their way home. We have a lost and found, and encourage campers to check it often. At the end of camp, we donate items worth less than \$25 to a local charity. For the cost of postage paid by the family, we mail items worth more than \$25 that we can readily identify the owner.

#### Clothing

- 10-15 short-sleeve shirts - at least two must be quick dry (no spaghetti strap tank tops). Please include one from your home town!
- 4-5 pairs of shorts - at least two must be quick-dry for 5th grade and up
- 1 pair of jeans and 1 pair of sweatpants or fleece pants
- 2-3 sweatshirts and 1 warm fleece jacket
- 2 long sleeve shirts
- 15 pairs of socks - at least 4-5 should be non-cotton for 5th grade and up
- 15 pairs of underwear
- 2-3 pairs of pajamas
- 1-2 Shabbat outfit(s) - on Friday night, we have a special Shabbat "uniform": white polo, button up, or sweater, with khaki-colored pants or shorts, or a modest skirt/dress\*
- Rain jacket (waterproof and breathable, **not** a windbreaker)
- 1 bathing suit (no Speedos or bikinis; tankinis are okay)
- 1 winter hat and 2 baseball or sun hats

*\*Please Note: We are aware that "modest" can be subjective. As a general policy regarding modesty for all genders, 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. 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. Campers will be sent back to their bunk to change if their clothing does not follow these guidelines.*

#### Shoes

- 1 pair of sneakers/gym shoes
- 1 pair of sandals/water shoes that can be secured to the feet (Tevaz or Keens, not Crocs)
- 1 pair of shower shoes - please note that flip-flops may ONLY be worn for showering
- 1 pair of hiking shoes/boots, broken in - REQUIRED for entering 7th-12th graders

#### Toiletries

Please bring eco-friendly toiletries. Eventually, all the chemicals that go down the drain or spill on the ground find their way back to our drinking water. **We have soap and shampoo dispensers in all camper showers, so campers do not need to bring these, unless they prefer to bring their own.**

- 1 bottle of non-aerosol insect repellent
- 1 comb or brush
- 2 tubes of lip balm (climate is very dry!)
- 1 toothbrush, 1 tube toothpaste, 1 dental floss
- Menstrual hygiene products, if applicable
- 1 caddy to carry toiletries to the shower
- 1 toenail clippers

## Bedding and Linens

- 1 sleeping bag - compressible/lightweight, at least warm enough for 20°F (-7°C)
- 2 bath towels, 2 washcloths
- 1 pillow, 2 pillowcases
- 2 fitted, twin sheets - mandatory per Health Department
- 1 laundry bag with name label
- 1 twin blanket, if space permits

## Religious Items

- Tallit* or *Tzitzit* - required for boys over 13, strongly encouraged for girls over 12. Please Note: While some people 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 *tzitzit* at Shacharit.
- T'fillin* - required for boys over 13, strongly encouraged for girls over 12
- Kippot* (with clips, if needed) - required for all boys and strongly encouraged for girls at prayers and during meals

## Miscellaneous

- 2 canteens/water bottles - 1 liter each
- 1 flashlight or headlamp, extra batteries
- Pens, stamps, stationery, address labels
- 1 day or fanny pack to carry water bottle, rain jacket, etc. around base camp
- Extra glasses/contacts
- Backpack with internal or external frame
- 1 pair warm gloves - mandatory for entering 9th grade and up
- 1 pair sunglasses with strap

## 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
- Appropriate games to play with friends (no Cards Against Humanity!)
- Climbing shoes
- Climbing harness
- Riding helmet
- Riding shoes

## APPENDIX 3

### Hebrew Glossary — מילון

English Word	Transliteration	Hebrew Word
Camp	Machaneh	מחנה
Camper (male/female)	Chalutz/Chalutza	חלוץ\חלוצה
Campers (plural)	Chalutzim	חלוצים
Counselor (male/female)	Madrich/Madricha	מדריך
Counselors (plural)	Madrichim	מדרכים
Age Group or Unit	Edah	עדה
Unit Head	Rosh Edah	ראש עדה
Rising 3rd and 4th Grader	Ilanot	אילנות
Rising 5th and 6th Grader	Metayalim	מטיילים
Rising 7 <sup>th</sup> and 8 <sup>th</sup> Grader	Solelim	סוללים
Rising 9th Grader	Bogrim	בוגרים
Rising 10th Grader	Sayarim	סיירים
Tent	Ohel	אוהל
Dining Hall	Chadar Ochel	חדר אוכל
Health Center	Mirpa'ah	מרפאה
Field	Migrash	מגרש
Campfire	Medurah	מדורה
Basketball Court	Migrash Cadoor Sal	מגרש כדורסל
Breakfast	Aruchat Boker	ארוחת בוקר
Lunch	Aruchat Tzohorayim	ארוחת צהריים
Dinner	Aruchat Erev	ארוחת ערב
Wake Up	Kimah	קימה

Morning Exercise	Shmirat HaGuf	שמירת הגוף
Prayer	T'fillah	תפילה
Clean Up Time	Nikayon	נקיון
Rest Hour	Sha'at Minucha	שעת מנוחה
Letter Writing & Shower Time	Michtav u' Miklachat	מכתב ומקלחת
Daily All-Camp Meeting	Mifgash	מפגש
Elective Activity	Chug	חוג
Program	Peulah	פעולה
Evening Program	Peulat Erev	פעולת ערב
Calming, Lights Out Activity	Harga'ah	הרגעה
Good Night	Laila Tov	לילה טוב
Special Progaming Day	Yom Meyuchad	יום מיוחד
Sports	Sport	ספורט
Biking	Ofanayim	אופניים
Climbing	Tippuz	טיפוס
Archery	Chetz V'keshet	חץ וקשת
Horseback Riding	Rechivat Soosim	רכיבת סוסים
Arts and Crafts	Omanut	אומנות
Singing	Shira	שירה
Dancing	Rikud	ריקוד
Staff	Tzevet	צוות
Camper Care Specialist (male/female)	Yoetz/Yoetzet	יועץ
Management or Senior Staff	Hanhallah	הנהלה