

# מחנה רמה בניו אינגלנד



מדריך למשפחות  
FAMILY HANDBOOK  
Kayitz 2016

# IMPORTANT DATES

*Kayitz 2016*

	DATE	TIME
Health History & Parent Authorization due	Friday, April 1	
Immunization Form & Physician's Exam Form	Sunday, May 1	
Transportation Forms due	Sunday, May 1	
Full and First Session and Kochavim Aleph Campers Arrive	Tuesday June 28	10 a.m. - 2 p.m.
Kochavim Aleph Campers Depart	Sunday, July 10	10 a.m. - Noon
Kochavim Bet Campers Arrive	Tuesday, July 12	10 a.m - Noon
First Session and Kochavim Bet Campers Depart	Sunday, July 24	10 a.m. - 11 a.m.
Visiting Day	Sunday, July 24	11a.m. - 3:30 p.m.
Second Session and Kochavim Gimel Campers Arrive	Tuesday, July 26	10 a.m. - 2 p.m.
Kochavim Gimel Campers Depart	Sunday, August 7	10 a.m. - Noon
Kochavim Daled Campers Arrive	Tuesday, August 9	10 a.m. - Noon
Full and Second Session and Kochavim Daled Campers Depart	Sunday, August 21	10 a.m. - Noon



# Camp Ramah in New England

WINTER OFFICE: 2 Commerce Way, Norwood, MA 02062 (781) 702-5290 FAX (781) 702-5239

SUMMER OFFICE: 39 Bennett Street, Palmer, MA 01069 (413) 283-9771 FAX (413) 283-6661

[www.campramahne.org](http://www.campramahne.org)

*Kayitz 2016*

*Shalom Ramah Families!*

There is a saying, “שנכנס אדר מרבנים בשמחה”, which means “When *Adar* comes our joy increases.” For us at camp, the month of *Adar* arriving means that camp is fast approaching and our joy increases as well as our pace of preparations. We are happy that we once again will have a record number of campers attending camp in Palmer this summer.

I highly recommend reading this entire family handbook. Below, I am highlighting a few key points that I think are especially important. The rules are primarily for the safety of our campers, to uphold some of our basic Jewish principles and to create a warm community.

- We pride ourselves on being a warm and welcoming community at Camp Ramah. We are fortunate to have many different types of people who attend our camp. We have always taught these values both formally and informally at camp. This year we have developed a more comprehensive program. We will blog about specific programs throughout the summer but I wanted to highlight these partnerships which we are currently finalizing. Our *Shoafim* (rising seventh grade) and *Magshimim* (rising eighth grade) *edot* (divisions) will learn with The Jewish Coalition Against Domestic Abuse (JCADA) on *#healthyfriendships: Helping Middle School Students Navigate Peer Relationships*. Our *Bogrim*, *Machon* and *Nivonim* (Rising ninth-eleventh grader) campers and staff will learn with Keshet about *LGBTQ Communities*. Additionally, we will have programs designed by our program and *Tikvah* staff along topics of inclusion, diversity and anti-bullying that will be presented to each *edah*.

- As explained in our travel forms, we have new luggage guidelines this summer. Anyone flying from DC must use our luggage truck service. By having the luggage delivered by luggage truck, we are easing the campers transition to camp. The luggage will be delivered to the bunks prior to opening day. This

will allow our staff to focus on the campers both at the airport and on opening day. Additionally, we are highly encouraging everyone in the Boston area and in Connecticut to use our luggage service. Again, this will make your child's transition to camp easier and it will make drop off safer.

- Food at camp. For both *Kashrut* and Health (primarily food allergy safety) reasons, we do not allow campers to bring any food to camp. We have seen a rise in camper families who are not following these rules. We have a sacred trust to provide both a totally Kosher and food safe environment. We have many campers who have very serious food allergies. Please help us keep our campers safe by not bringing or sending any food to camp. We will confiscate and give away any food brought by campers to camp.

- We would like to emphasize our *Shabbat* dress code. Simple, modest, somewhat nicer-than-everyday clothing is appropriate dress for *Shabbat*. We recommend nice pants and a nice shirt, or a dress or skirts. Jeans, jean shorts, t-shirts and tank tops are not acceptable, nor are prom dresses, strapless, sleeveless or formal gowns. Shoulders, backs and midriffs must be covered.

Thank you so much for entrusting your children with us. We look forward to an exciting summer of fun, growth and friendship.

*L'hitraot B'Palmer,*

A handwritten signature in cursive script, appearing to read "Ed Gelb".

Rabbi Ed Gelb  
*Director*

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# I. PACKING INFORMATION

## LUGGAGE

Pack in two duffel bags or one duffel bag and one soft trunk. PLEASE limit your luggage to only 2 pieces. All campers' luggage, including campers who arrive by car, should be labeled with the camper's full name and bunk number.

For campers who will be flying to camp and/or sending luggage on the luggage truck from Washington, DC, Boston, or West Hartford or on the bus from NJ, NY, & CT, we will mail bunk tags in June for first-month campers and in July for second-month campers. You must label your campers' luggage with those tags.

## LUGGAGE TRUCKS

We are pleased to expand all of our luggage truck services this summer.

### **DC Area**

Luggage drop-off will be available for opening day at B'nai Israel Congregation in Rockville, MD. For the end of first session, the opening of second session and closing day, luggage drop-offs and pick-ups will be available at B'nai Israel Congregation AND Congregation Olam Tikvah in Fairfax, VA.

**\*Please note that the 2016 luggage truck service is required for any campers flying to/from camp on our 6/28, 7/24, 7/26 and 8/21 group flights.**

### **Rhode Island to Boston Area**

There will be luggage drop-offs and pick-ups at Temple Emanuel in Providence, RI, Temple Israel in Sharon, MA and Temple Reyim in Newton, MA.

## **Connecticut**

There will be luggage drop-offs and pick-ups at Temple Beth El in Stamford, Congregation Beth El-Keser Israel in New Haven and Beth El Temple in West Hartford.

For complete information about the Luggage Trucks, log-in to your Campminder account: <https://ramahne.campintouch.com/v2/login/login.sapx>. Go to your “forms and documents” page and refer to the luggage truck information document that applies to you. If you want to use this service, you MUST reserve it as part of completing your online transportation form, which is due May 1st.

## **WHAT TO PACK: CLOTHING & EQUIPMENT**

A suggested clothing and equipment list is enclosed. (See pages 40-41.) Recommendations are based on laundry being done on a nine-day cycle at camp. It is important to label everything brought to camp so that misplaced items can be returned.

When planning your child’s clothing needs, please take into consideration variations in temperature. During very hot weather, it is important that your child wear a hat during outdoor activities. It can also be quite cool at camp and temperatures have fallen into the 40’s at night and early in the morning. It is critical that your child brings waterproof rainwear: a coat or poncho with hood or hat and boots.

Summer camp is a place to leave the worries of social pressures and fashion behind. Please pack appropriately for your child. At camp, clothing should be casual and comfortable. Clothing worn at camp must not be revealing or suggestive. Clothing with alcohol, tobacco, drugs, sexual content or inappropriate language or content will not be permitted.

We ask that campers wear modest and appropriate swimwear at camp. Please bring one piece swimsuits or tankinis. Bikinis of any kind are not allowed to be worn at camp. Bikinis with a t-shirt

on top are also not acceptable swimwear at camp.

Closed toe shoes are required for active camp programs and walking about on rough terrain.

Limited electrical outlets are available. Please limit the number of fans, radios, lamps and clocks brought to camp. Hair dryers are allowed as long as they are unplugged immediately after use.

If your child does not require shaving cream for shaving, please do not send shaving cream to camp. If your child does require shaving cream, please send appropriate amounts only.

**LABEL EVERYTHING!** Please identify each item of clothing, boots and outerwear, etc. with your child's full name. Please put the bunk tags provided by camp on your child's luggage.

## **CRNE CLOTHING FOR PURCHASE**

Camp Ramah clothing can be purchased on-line at: [www.campramahne.org](http://www.campramahne.org). On our home-page, click on "Current Families" and then click on 'Camp Store' in the menu on the left-hand side of the page.

Each camper will receive a camp t-shirt when they arrive at camp on the first day. Any additional items are optional to be purchased at your expense. Camp Ramah clothing can be purchased at camp on the opening and closing day of each session, and on visiting day.

## **SHABBAT WARDROBE**

Simple, modest, nicer-than-everyday clothing is appropriate dress for שבת. We recommend nice pants and a nice shirt, or a dress or skirts. Jeans, jean shorts, t-shirts and tank tops are not acceptable, nor are prom dresses, strapless, sleeveless or formal gowns. Shoulders, backs and midriffs must be covered.

## **טלית ותפילין (TALLIT AND TEFILLIN).**

Female campers are encouraged to bring טלית (*tallit*) and תפילין (*tefillin*) to camp. Male campers of בר מצוה (*Bar Mitzvah*) age and older are required to bring טלית (*tallit*) or טלית קטן (*tallit katan*) and תפילין (*tefillin*) to camp and use them during morning services. Make sure your male young adult has them, packs them, and understands that children from age 12 may begin to wear תפילין (*tefillin*) and practice putting them on at camp.

Please make an extra effort to label your camper's טלית (*tallit*) or טלית קטן (*tallit katan*) and תפילין (*tefillin*), and טלית (*tallit*) bag so we can identify them if they are misplaced at camp.

Male campers of all ages need to make sure to bring enough *kippot* for use throughout the summer. (We suggest at least four.)

## **SPENDING MONEY**

Camp is a cash-free environment. We include “spending money” for use on camp trips, etc., in our camp fees. Counselors will distribute this money to their campers at appropriate times during the summer (on the morning of a trip, etc.). Money for a camp t-shirt and “Yom Roo” (Yom Berkshires) jerseys (for our *Tzad Bet* campers) are also included in our fees. Camp Ramah cannot be responsible for any money that a camper brings to camp and loses.

## **WHAT TO LEAVE AT HOME**

Camp Ramah can not guarantee, and is not responsible for, the safe return of expensive or breakable items. Please leave the following items at home:

- expensive clothing and jewelry
- stereos, CD players, ipods, kindles, TVs, halogen lamps and electronic games.
- expensive cameras

- Items of sentimental value, such as family heirlooms, grandparent's טלית (tallit) or תפילין (tefillin), childhood blankets or stuffed animals.
- Gameboys, Nintendo DS, or other gaming devices
- Cash

The following items are NOT PERMITTED at camp:

- Computers, ipads, cell phones, and video cameras
- Bicycles and skateboards
- Fireworks (including sparklers)
- Weapons, including pocket and hunting knives, alcohol, cigarettes and illegal drugs, are considered contraband and are not permitted in camp.

**Please note that any device that can access the internet is not allowed at camp. This includes many types of ipods and mp3 players.** Those are not allowed at camp, **even if the internet function is turned off.** Only ipod shuffles or other simple mp3 players that do not have the ability to access the internet are allowed at camp. **Kindle e-readers that can only be used for reading books are allowed at camp. However, Kindle Fires or other types of Kindles that can access the internet and navigate the web are not allowed at camp, even if their internet function is turned off.**

If any of the above items are found in a camper's possession, they will be confiscated.

Our policy is that no food is allowed in camper bunks. Camp Ramah provides kosher, healthy and plentiful food as well as numerous snacks. In addition, there is concern about possible food allergies and possible intrusion by wildlife. Any food sent to camp will be confiscated and given away to a local food shelter.

**Absolutely no food is allowed in camper bunks.** Parents of campers with specific dietary needs should consult with our staff so that we can store and provide any special items.

## LAUNDRY

Suggested clothing quantities are based on nine (9) days elapsed time between laundering. Laundry is done weekly off-site and is returned within three days. Your child will not be washing his/her own clothes. Please pre-wash all new clothing prior to sending it to camp, and **please be sure to label all clothing with your child's first and last name.** Labeling clothes is critical to ensuring that lost clothes can be returned to your child. Please do not send your child with any clothing that can't be laundered normally (ex. dry-clean-only).

## LOST & FOUND

It is essential that all belongings are labeled with your child's first and last name so that they can be returned if they are misplaced for any reason. Labeling with initials is not sufficient in helping us determine to whom a lost item belongs. Throughout the summer we make exhaustive attempts to return lost items to their owners. However, it seems no matter how hard or how often we try, we are left with heaps of campers' possessions on our hands. Camp Ramah's Lost and Found is located in the מרכז (*mercaz*). At the end of the summer we will return items deemed valuable if they are labeled with a camper name to you by mail, at your expense. Please encourage your child to take responsibility for her/his possessions, and to participate actively in identifying personal items during the packing up process at the end of the session.

Please note that Camp Ramah assumes no responsibility for wear and tear or for loss or damage to campers' clothing, other personal equipment, or baggage.

## II. HEALTH CARE AT CAMP

### GENERAL INFORMATION

Both the camp nurse and **מרפאה** (*mirpa'ah* / infirmary), are on call 24 hours-a-day during camp sessions. Campers who are ill will be seen during designated sick call hours so the camp physician can examine them.

Our aim at camp is to provide your child with a continuation of the consistent care s/he receives at home. Please be certain to complete our medical forms fully, and to list all the medications your child is taking, or any special conditions your child may have. The more complete information you provide, the better we can care for your child's physical and mental health.

Please advise us of any special conditions of health, diet or personal habits that affect your child. This information should be in writing and attached to the Medical Form.

If your child requires an EpiPen or has significant food or environmental allergies, we require that you send a copy of your physician's allergy action plan to camp **BEFORE** your child's arrival.

Please do not suspend medication for the summer, including medication for ADD/ADHD. Should the state of your child's health change or should s/he be exposed to any communicable diseases during the three weeks prior to camp, please inform the camp office.

A physician's report is required attesting to your child's health, based on a complete examination during the 12 months preceding the camp season. Please make certain that a parent/guardian fills out and signs the appropriate part of the form and that the physician completes the remainder. **NOTE** : The vaccines that are required by Massachusetts regulations are listed on the camp

medical form.

**NO CAMPER WILL BE ACCEPTED INTO CAMP WITHOUT A COMPLETED MEDICAL FORM, INCLUDING IMMUNIZATION RECORDS. IF A CAMPER ARRIVES AT CAMP WITHOUT A MEDICAL FORM, S/HE WILL BE SENT HOME.**

## **HEALTH CARE POLICIES AND PROCEDURES**

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.

The Infirmary staff will contact families if:

- your child spends the night at the Infirmary  
(example: with fever)
- your child has to leave camp for any medical reason
- your child has had multiple complaints of the same illness
- your child needs to start a prescription medication  
(example: antibiotic)
- your child is diagnosed with a concussion
- your child needs stitches

If your child is checked into our infirmary prior to 10:00 PM, you will be contacted that evening. If your child is checked into our infirmary late at night, you will be contacted as soon as possible the next day.

If your child needs immediate medical attention, the local emergency medical services will be contacted, and/or

transportation will be provided to a local hospital. A Camp Ramah staff member will always accompany children to the hospital.

## HEAD LICE

It is important that your child be screened for head lice by medical professionals, or by you if you know how, prior to coming to camp. Campers are screened upon their admittance to camp. If a camper arrives at camp with nits or a live infestation they will either be sent home (if they live close-by) or isolated in the מרפאה (*mirpa'ah* / infirmary) until no nits are found on the camper. Campers will not be allowed into the bunks with nits or a live infestation. Camp may hire a nit-picker to care for campers with lice. **Any campers who arrive at camp with lice, requiring treatment by our staff, will be charged a \$300 treatment fee.**

For more information on head lice, including preventative measures, you can log on to [WWW.HEADLICE.ORG](http://WWW.HEADLICE.ORG), the official website of the National Pediculosis Association.

## MEDICATIONS

All camper medications and vitamins must be stored at and dispensed from our Infirmary. In our on-going commitment to meet the needs of our campers who require medications or vitamins at camp and comply with strict state regulations regarding medication dispensing for summer camps, we will once again be working with CampMeds Inc., a pre-packaging medication program founded by a former camp nurse. CampMeds has been servicing the camping industry for over 10 summers providing the convenient service of dispensing, packaging and shipping medications directly to summer camps.

Your child's safety is very important to us and having a partner like CampMeds will insure that your child gets the right medication, the right dose at the right time. CampMeds coordinates all of the details so that your child receives their medication safely on their

first day of camp without missing a dose.

For complete information, including the few exceptions when CampMeds is not required, please log-in to your CampMinder account: <https://ramahne.campintouch.com/v2/login/login.aspx>, go to your “forms and documents” page and refer to the “CampMeds Information Packet.” You must register for this service 30 days before your child arrives at camp. **We will charge families a \$100 fee if a camper who takes medication is not registered with campmeds.**

Please note: EpiPens and inhalers are exceptions that do not need to go through CampMeds. If your child has an EpiPen, we require that at least two EpiPens are brought to camp. Similarly, if your child has an inhaler, we ask that you bring two inhalers to camp. Please also send us a copy of your physician’s allergy action plan.

## **X-RAY / LAB TESTS**

Children who need x-rays or lab tests will be taken to Baystate Wing Hospital in Palmer, an affiliate of Baystate Medical Center. Wing will be given the parents’ insurance information to cover the cost of the procedures.

## **DENTAL WORK**

Please attend to your child’s dental needs before camp. The camp does not have a dentist in camp. In the event your child needs dental treatment, the camp will arrange a visit and transport them to a local dentist. Camp Ramah will pay for the cost of the work at the time of the visit. In turn, Camp Ramah will bill you. It is your responsibility to reimburse camp this expense upon receipt of the bill. Camp accident insurance does not cover dental work.

## **EYEGASSES**

Children who wear eyeglasses should bring an extra pair with them

to camp, labeled with their full name. Please include a copy of your child's eyeglass prescription with his/her medical form. We recommend eyeglasses with shatter-resistant lenses. In the event your child requires the services of an eye-doctor, we shall arrange transportation to a local practitioner. Camp Ramah will pay this bill for the work done at the time of the visit. In turn, Ramah will bill you. It is your responsibility to reimburse camp this expense upon receipt of the bill. Camp insurance does not cover the repair or replacement of eyeglasses.

## **SPECIAL DIET**

If your child has medically confirmed dietary restrictions or allergies, please note this on their Medical Form and on the camper's application. Requests for vegetarian entrees must also be noted on the Medical Form. Campers must understand that this request is for the entire time s/he is at camp, and not an alternative for individual meals.

## **HEALTH INSURANCE**

It is required that you submit a photocopy of the front and back of your insurance card to the camp on the Parent Authorization form.

Families will be billed directly by Camp Ramah for medical treatment, prescriptions, optometrist, dentist or orthodontist visits. Families not covered by medical insurance must send a written statement to the camp office stating that the family will be responsible for any medical fees incurred by their child(ren) during the course of the camping season. If your prescription card is separate from your insurance card, please be sure to submit a photocopy of both. Each family must register with either CVS, Walgreens or Rite Aid pharmacy before the summer to avoid paying the full cost of any prescriptions required during the summer.

## ACCIDENT INSURANCE

Camp Ramah carries accident insurance, which covers all campers. This is SECONDARY, supplemental insurance coverage only. It pays for those expenses or portions of expenses NOT covered by health insurance carried by the camper's own family. The insurance carried by the camper's family is applied to any medical expenses before the camp's insurance. Our insurance does not cover eyeglass repair or replacement and/or dental work. In the case of an accident, the following steps must be taken to ensure proper handling of insurance payments:

1. All doctor bills will be mailed to you directly. Hospital bills may be sent either to you or your insurance company.
2. Please process all bills through your insurance company first.
3. After you have heard from your insurance company, please forward a copy of the original bill and a copy of either the official payment statement stating the portion of the bill your insurance company has paid, or a copy of the denial of the claim, to the camp office. Do not pay the unpaid difference yourself. Our insurance company will only reimburse the health care provider.
4. Our insurance company will pay the unpaid difference (up to \$1,000.00 per occurrence).

Please take care of all bills promptly and keep accurate records. The deadline for submitting bills to our insurance company for reimbursement is December 15th. In the case of illness, you are responsible and must look to your health insurance coverage for payment since Camp Ramah's policy only covers accidents.

## III. OUR COMMUNITY

### INCLUSION AT CAMP

Camp Ramah in New England is committed to the value of inclusion, founded in the Jewish ideal that teaches that we were all created *B'tzelem Elohim*, in God's image. At Ramah, we work hard to ensure that each member of our community is respected, supported, valued, and empowered to participate in all aspects of camp life. All campers and staff at Ramah learn the importance of inclusion, and are asked to uphold these values by respecting and valuing all members of our community, regardless of ability or disability.

We are supportive of our campers, no matter their sexual orientation or preference. Our intention is to make sure that everybody feels comfortable within the camp community including those who identify as LGBTQ. Camp can sometimes assume hetero-normative behavior which may make some campers and staff uncomfortable. To minimize this as much as possible, we emphasize sensitivity to the diversity of our community in everything that we do.

At Ramah, we work together to create an inclusive, accessible community for all.

### BUNK REQUESTS

The bunk request form will be active in your CampMinder account once your child is fully enrolled. We know that bunking is a very emotionally charged process for many camp families. Camp is about friends and the bunk is where this starts. Over the years, we have learned that no matter the bunk in which your child is placed, he/she will have a great camp experience. Still, we also know that children (and sometimes adults) react very emotionally when they do not get all of their requests. We would like to set expectations realistically from the outset so that when bunk assignments are

released, everyone will be prepared to accept the results.

Here are some things to consider when filling out the online form: When making bunk assignments, we aim to make campers as happy as possible while balancing many logistics and the desire to create a positive social environment for each individual tzrif (bunk) and edah (division). We have to take into account many variables, including overall numbers, one session vs. full summer campers, new vs. returning campers, geography etc. We also seriously consider our staff observations about positive and negative social dynamics and relationships from previous summers. Overall, the process of assigning bunks is quite complicated and requires a great deal of time and thought.

Please give us 3 names of campers in the same grade and same session (first, full or second) with whom your child would like to share a bunk. We will do our best to honor your request by bunking your child with at least one of your child's preferences, provided they are in the same session. If we are unable to bunk your child with any of the campers he/she requested for some reason, we will contact you to discuss the circumstances further. To further clarify:

- It is perfectly OK if your child does not have any bunk requests! Many returning and new campers do not have any requests. We will make sure to place your child in a bunk that will be a great fit for him/her.
- We will do our best to bunk your child with at least one of their requests. If we cannot, we will call you. Once we fulfill the one request, we feel that ensuring that everyone else receives one request and our discretion to build the best bunk dynamic are the next priorities. When you sign up for camp, you must be willing to accept the result that you might only get one of your bunk requests.
- There is much confusion every year over the principle of bunking full session campers in one bunk and single session campers in a separate bunk. People often think that previous years' bunking

patterns are indicative of future years. This is not the case. One year we might bunk all the full summer kids together and another year there may be mixed bunks. This may change several times over the years. The reason for this has to do primarily with numbers and bunk size. If the maximum number of campers in a bunk is 14, and there are 18 full summer campers, it is unlikely that we will bunk all the full summer campers together. However if there are 12-14 or 24-28 full session campers, it is likely that we will. These numbers fluctuate from year to year.

- Do not assume that just because you were with a group of people in previous years that you will necessarily automatically be with them again. You should put your top three friend requests down without any assumptions.
- Twins – we are blessed to have many twins in camp. Every family has a different approach when it comes to bunking twins together or not. If you want your twins to be bunked together, then you must put it on the bunk request form. They do count as a bunk request. It is a good idea to discuss your bunking priorities with Talya if you have twins.
- Bunk Request Chains – every so often campers try to form bunk request chains. They organize a chain where each person requests only one person and they try to link their preferred group together. Those of us who do the bunking recognize a chain when we see one. Chains do not help us create fair bunking situations. In fact, chains may be exclusionary to other kids who want to be with kids in the chain. Please ensure that your child does not participate in “chains.” We reserve the right to break up a chain and bunk kids in social groups that deem appropriate without necessarily giving each camper at least one request.
- If there is one person that really is your child’s BFF and this is the only person that he/she wants to be with, it is ok to list only one person. Additionally, if there are only two people he/she wants to request, that is fine too. The point is, don’t let your child put a

random third person on his/her form and then be upset if he/she get only that person and not his/her actual BFF.

- We do not refund camp tuition if you decide to withdraw your camper because they did not get any requests or because you are dissatisfied with the bunking assignment.
- While part of the camp experience is living in a group situation and getting to know a variety of people, we recognize that sometimes there is an individual that you feel your child absolutely cannot be bunked with. If that special circumstance does exist, please contact Talya directly prior to the bunk request deadline. We will be happy to discuss the specific situation.
- *Nivonim* – *Nivonim* is a unique experience that allows for many opportunities for our campers to take leadership positions in camp and to be the creators and drivers of *ruach* (spirit) for the entire camp. Even the style of living is different. Our *Nivonim* campers live in *K'far Nivonim* consisting of a girls' and boys' building. Each building has four camper rooms and two staff rooms. The *Nivonim* program is designed to foster the development of relationships between all the campers in the *edah* (division), and a new sense of unity and identity for the *edah*. In this spirit, we no longer are taking room requests in *Nivonim*. The staff will work to create great room combinations putting some old friends together but also mixing in new people. We are confident that, as in the past, this will foster great *edah* unity. *Nivonim* graduates will tell you that it is not important what room you live in or with whom you live. It's not an accident that *Nivonim* graduates will, for the rest of their lives, identify themselves not by their bunk or room but by their *Nivonim* year.

Thank you in advance for your help with this process. We aim to create a wonderful *edah*-wide community and it is always helpful to be positive with your camper. Whether your camper is new or returning, we are confident they will build deep and lasting friendships each and every summer!

## CLEANLINESS & CLEAN-UP

Every member of the Ramah community is responsible for the cleanliness and maintenance of themselves and the camp. Campers and staff are encouraged to be conscious of their personal impact on the environment – be conscious of litter and pick it up. It is up to the entire camp community to keep Camp Ramah clean and beautiful.

In order to assist campers and staff, bathrooms will be cleaned twice a week by staff from an outside agency hired by camp.

Inspections of camper bunks will be made daily by the **ראשי עדות** (*Rashei Edot/Division Heads*). Emphasis is placed on the cleanliness of bunks and belongings. Respecting and protecting the natural environment is one of the primary educational goals of Ramah. On several occasions during the summer, staff and campers participate in **נקיון הכיכר** (*Nikayon Hakikar*), a cleaning of all of our fields and outdoor locations, in preparation for **שבת** (*Shabbat*).

## BEHAVIOR IN THE *TZRIF* (BUNK)

The **צריף** (*Tzrif/bunk*) is a place where all of it's members must feel comfortable. Campers must act in a friendly and respectful manner at all times with their friends and bunk-mates, as well as with their **מדריכים** (*Madrichim/counselors*).

Campers should be mindful of each other's privacy and behave with modesty and respect. Campers are not allowed to sleep in each other's beds or shower together in the same stall.

## FOOD AT CAMP

Campers eat meals communally in the **חדר אוכל** (*Hadar Ochel/ Dining Hall*). There is no outside food allowed at camp. We

provide delicious and healthy between-meal snacks for any campers who want them. Our counselors are trained to be aware of what kids are eating (and not eating) at all times.

## **CANTEEN**

Canteen food and drinks are distributed to campers twice a week during their **מנוחה** (*menuchah*), rest time. Canteen costs are included in your camp fees.

## **CAMPER BIRTHDAYS**

Every camper with a birthday during the camp season will receive a freshly baked cake for a bunk party. Camper birthdays are in our database and this is taken care of automatically. Parents are encouraged to contact their child's **יועצת** (*Yoetzet/Parent Liason*) to schedule a phone call with their child on his/her birthday.

## **RELIGIOUS POLICY**

Camp Ramah in New England observes **שבת** (*Shabbat*) and **כשרות** (*kashrut*) within the framework of Conservative Judaism. We are respectful of the pluralistic nature of the Conservative Movement. All services are egalitarian.

## **מצוה בר/בת (BAR/BAT MITZVAH) PREPARATION**

If your child will become **מצוה בר/בת** (*Bar/Bat Mitzvah*) this upcoming Fall (September through December), we will be happy to provide a tutor to help aid in his/her preparations. If you would like your child to receive this tutoring, you must indicate so on your child's Education Form. David Offit, our Director of Programming, will be in touch before the summer begins to help coordinate our tutoring with your child's preparations at home. If you would like to be in touch with David before then, please e-mail him at [davido@campramahne.org](mailto:davido@campramahne.org).

Please make sure that your child brings a CD/MP3 recording and a copy of the Torah portion with him/her and any special instructions from the מצוה בר/בת (*Bar/Bat Mitzvah*) teacher. **Please remember that this practice material may not be on an ipod touch, which is not allowed at camp, but rather on an ipod shuffle or MP3 player that cannot access the internet.**

Please note that we can only review what your child has already learned; we cannot teach new material. While we will provide the tutor and set the meeting times, please remind your child that it is his/her responsibility to attend the scheduled sessions.

## **CURFEWS**

Campers have a full day of activities and programs. Rest is essential for growing children, and staff need some time in the evening to relax after a 14 - 16 hour day. Therefore, it is imperative that your child understands that when lights are out at night they are to remain in their bunks. Night excursions and raids are not allowed at Camp Ramah. Counselors plan bunk time activities before lights out with their campers.

This policy is very strictly enforced - both for the safety of your children and the staff. Campers who are not able to abide by this rule will not be allowed to remain in camp.

## **GRATUITIES**

We do not accept tipping for our staff. Counselors at Camp Ramah are engaged in an important educational enterprise. They are dedicated to this task. If you appreciate the service your child receives at Camp Ramah, we encourage you to make a contribution to the CRNE Scholarship Fund or Tikvah Fund in honor of a staff member. All staff members are notified of such contributions.

## VISITING POLICY AND VISITING DAY

Camp Ramah in New England has one Visiting Day for full-summer (8-week) campers. There is no Visiting Day for single-session (4-week) campers.

Visiting Day is **Sunday, July 24th**, from 11:00 a.m. until 3:30 p.m. Parents and families will have an opportunity to visit with campers as well as meet with staff and explore camp. Families are permitted to take campers out of camp. You will be asked to sign out your child with his/her bunk counselor, and we require that you return before 3:00 p.m.

**On Visiting Day (Sunday, July 19), pick-up time for first-session campers will be from 10 AM-11 AM. Visiting Day will begin at 11 AM and will last until 3:30 PM. So parents of full-summer campers are asked to arrive at camp at 11 AM or later. (Parents of both first-session and full-summer campers are welcome to arrive at 10 AM.)**

We will be offering a lunch buffet for families who wish to purchase lunch at camp. There is no fee for registered campers. A small fee will be charged for parents and other visitors which can be paid on Visiting Day at the **אוכל חדר** (Dining Hall).

**We are aware that this summer, our Visiting Day falls on *Shiva Asar b'Tammuz***, a minor fast day. For those who are observing the fast, we will offer a *minchah minyan* (afternoon prayer service) at camp, after which those who choose to break their fast after *minchah* may do so.

We welcome younger siblings, other relatives, and friends to join in the Visiting Day program. Anyone who has recently been exposed to a communicable disease should not visit the camp. Please remember that Visiting Day is for campers; staff members are “on duty” and cannot receive guests until after noon.

If you cannot visit camp on Visiting Day, please make sure that your child's *Yoetzet* is aware of this. Campers who will not have guests will be paired with another family or a staff member and will be encouraged to call home on Visiting Day.

All visitors to camp on days other than Visiting Day require the approval of the Camp Director. Our experience has shown that these visits can be disruptive to the camp program and may negatively affect other campers who do not have visitors. We will only be able to accommodate a request for a visit under very compelling circumstances and well in advance of the visit date.

## **GUESTHOUSE**

On a limited basis, guest rooms at Camp Ramah are available for rent for families and other guests who wish to visit overnight or stay for Shabbat. Approval of your request is subject to the Director's discretion and room availability. Please contact Mindy Goldstein, *Director of Annual Campaign and Alumni Relations*, at [MindyG@campramahne.org](mailto:MindyG@campramahne.org) to request a reservation.

## IV. CAMP COMMUNICATION

### **YOETZOT: OUR PARENT LIASONS**

Each *edah* has a *יועצת* (*yoetzet*) who is an adult who functions as that *edah*'s primary parent liason. You will be given the cell-phone number of your child's *יועצת* (*yoetzet*) in an e-mail from Rabbi Gelb the night before camp begins.

If you have a concern in the spring, before your child's *יועצת* (*yoetzet*) has been assigned, please feel free to contact Talya Kalender, our Director of Camper Care, at [TalyaK@campramahne.org](mailto:TalyaK@campramahne.org). Please also feel free to contact Talya during the summer, if you feel your child's *יועצת* (*yoetzet*) is not able to help address your concerns.

Over the summer, if you need to call camp with a concern, please be sure to give your child's bunk number and explain your situation as clearly as possible. We will work with you to ensure your concerns are promptly addressed!

### **CAMPER MAIL**

Kids love to receive mail! We strongly encourage frequent letter writing as a means of parents and children staying in touch during the summer. Due to our rural setting it can take many days to get mail to and from Camp Ramah. Send letters to:

Camper's Name  
Camp Ramah in New England  
Bunk # \_\_\_\_  
39 Bennett Street  
Palmer, MA 01069

Encourage your child to write to you by including self-addressed, stamped envelopes in their luggage. Campers are required to write to parents twice a week. **Campers should bring eight stamped**

**and addressed envelopes to camp (or 16, if they are full-summer campers).** If you do not hear from your child by the 7th day of camp, please call your child's **יועצת (yoetzet)**.

All mail to the camp office between June 8 and August 21 must be addressed to Camp Ramah, Main Office, 39 Bennett Street, Palmer, MA 01069. Mail sent to our Norwood address is subject to lengthy forwarding delays.

## **PACKAGES**

We open all packages prior to your child's receiving it. **No food of any sort is allowed to be mailed to campers.** We will remove all food and items deemed inappropriate (waterguns, etc.). If you have any questions about the appropriateness of an item you wish to send, please be in touch with your child's **יועצת (yoetzet)**. Please be considerate and limit the size and frequency of packages sent to camp.

## **E-MAIL**

Campers can receive e-mail but DO NOT have access to the Internet, and therefore, cannot reply via e-mail. E-mailed messages are printed and delivered daily, except on our *Yemei Meyuchad* (special days when our specialty staff are off – usually Tuesdays or Wednesdays) and **שבת (Shabbat)**.

You can e-mail your campers through your on-line Campminder account. The e-mail service will be activated on June 24th. Please visit <https://ramahne.campintouch.com/v2/login/login.aspx>, log-in to your CampMinder account and click the “email” link towards the bottom of the page. Each parent who has a Campminder login e-mail may send 5 free e-mails to each child per week. The system will prompt you to purchase additional “camp stamps” to send more e-mails if you desire.

Further instructions regarding e-mail will be e-mailed to you just

before the start of camp. This will include information on how to give other people, such as grandparents, access to e-mail your child.

## **TELEPHONING CAMP**

Camp is an opportunity for campers to develop independence and to mature in a supportive environment. In order to help kids develop a healthy sense of independence, we encourage campers and parents to communicate by letter writing, rather than phone calls. Therefore, the following telephone policy has been established:

Campers are not allowed to call home. An exception is made for our oldest campers in the *Nivonim edah* (see below). If it is urgent that you speak with your child, please leave a message with your child's *יועצת* (*yoetzet*) or with the office. The camp telephone number is (413) 283-9771. The *יועצת* (*yoetzet*) will contact you to arrange a call with your child, if appropriate. The *יועצת* (*yoetzet*) is always present for the return call. The camp will arrange for phone calls to be returned to the caller at the earliest opportunity. (In cases of real emergency, every effort will be made to contact you as soon as possible.)

The camp utilizes an outside emergency answering service on **שבת** (*Shabbat*). This lasts from approximately 3:00 p.m. on Friday to 8:30 a.m. on Sunday morning. This answering service is also in effect during the week (Sunday-Thursday) from 7:00 p.m. until 8:30 a.m. when our camp office is closed. During these times, please call only in case of emergency and ask the service to contact the camp immediately. Non-urgent messages left with the answering service are retrieved at 8:30 am daily, except **שבת**.

## **NIVONIM CELL-PHONE POLICY**

Campers in *Nivonim*, our oldest *edah* (division), are permitted to bring a cell-phone to camp. This cell-phone must be turned into a

*Nivonim* counselor immediately upon arriving at camp.

Our *Nivonim* campers are allowed to use phones for approximately 45 minutes each week. These times are usually on Sundays from 6:45-7:30 PM. (Sometimes, changes to the camp schedule require an adjustment to the *Nivonimers'* weekly cell-phone times. We will do our best to inform *Nivonim* parents of these changes in advance, though that is not always possible.

Campers are required to hand their cell phones back in to their *Nivonim* staff-members each week, immediately after their phone time. *Nivonimers* are prohibited from keeping their cell-phones in their rooms after phone time has ended. Campers found to be in violation of this policy may not be allowed any future phone time that summer.

Camp Ramah is not responsible for the loss or damage to any cell-phone brought to camp.

## **FAXES**

We will accept incoming personal faxes on our summer fax number: 413-283-6661. Please be sure to put the recipient's name and bunk number on each fax sheet. Faxes are delivered daily, except on our *Yemei Meyuchad* (usually Tuesdays or Wednesdays) and **שבת** (*Shabbat*).

## **WEBSITE, BLOG, AND FACEBOOK**

We will post daily photo-galleries on our web-site:

[www.campramahne.org](http://www.campramahne.org) throughout the summer. (**The password is Summer2016.**) We also encourage parents to visit our blog: [www.Ramahblog.org](http://www.Ramahblog.org) for daily news of camp *peulot* (programs), special events, reflections from our **ראשי עדות** (*Rashei Edot/* Division Heads), and lots more. Both our blog and web-site are updated multiple times every day, so please check them often for updates on happenings at camp.

We will also be posting multiple daily updates, including photos, on our private Facebook page. We encourage parents to “friend” our Facebook page, which can be found at: <https://www.facebook.com/RamahPalmer> to be a part of this on-line community. For any parent who is not on facebook, feel free to contact the Ramah Office to obtain a generic “Ramah Parents” log-in.

## **COMMUNICATION FROM CAMP TO FAMILIES**

In addition to regular updates on the website, you will get important informational emails and mailings during the summer about visiting day, end of session transportation, activities at camp, etc. Please open these immediately and read them. The summer seems to move so fast and we want you to know what’s happening in a timely manner.

E-mail has proven to be a fast, timely, efficient, and cost-saving means of communication, especially during the summer. Many messages will ONLY be sent via e-mail. Please be sure the camp office has accurate e-mail addresses in order to enable us to communicate with you. Notify the camp office if your e-mail address changes.

# V. CAMPER BEHAVIOR, SAFETY AND DISCIPLINE

## HOMESICKNESS

Homesickness is a very real part of the adjustment that many children will make while away from their homes and families. At Camp Ramah we are sensitive to both the campers who are experiencing homesickness, and to their families who miss them. We work hard to support families through this adjustment.

Letters sent home early in a camp session may relay strong feelings of homesickness during this transitional period. Please do not be alarmed. Contact us if you receive a second letter, or one that causes particular concern. You should communicate directly with your child's *יועצת* (*yoetzet*) on this matter.

## DISCIPLINE POLICY

Camp Ramah's discipline policy is designed to help children develop self control and assume responsibility for their actions. Clear and consistent, age appropriate rules and limits are established at camp. As in any group activity, inappropriate behavior by one or two children can spoil the experience for the entire group. Staff will deal with normal day-to-day behavior issues using acceptable techniques and approaches, including:

- redirecting campers
- rewarding acceptable behavior
- encouraging campers to talk about their feelings
- role modeling on how to speak and interact with campers in a positive manner
- implementing time outs when appropriate

Any disciplinary measure used will relate to the child's specific actions and will be handled in a timely fashion. No physical punishment, humiliation, scare tactics, or controlling measures shall be allowed. Methods associated with food deprivation or

extended isolation are impermissible.

When a child's behavior:

- seriously disrupts group interaction
- is likely to result in harm to themselves or others
- is likely to result in property damage
- involves any physical interaction with campers and/or staff
- is chronic and/or extreme
- involves bullying, teasing or emotional taunting of others

it may be necessary to separate the child until he/she is able to regain control and rejoin the group.

If a child's behavior is chronically disruptive, even after reasonable measures have been made to assist the child in adjusting to the camp setting, parents will be contacted by camp staff to determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer camp.

If disruptive behavior continues, it may be determined that the camper and the program are not necessarily well-suited. At this time the camper may be terminated from the camp program. The following is the guideline for disciplinary action:

First phone call to parent/guardian:

- official warning of child's behavior
- plan of action for camper (warning of possible dismissal if camper continues to exhibit disruptive behavior)

Second phone call to parent/guardian:

- final warning and/or dismissal from camp program

Third phone call to parent/guardian (if applicable):

- dismissal from camp program

Camp Ramah and staff reserve the right to immediately dismiss a camper from the summer camp program. Chronic and/or extreme behavior may warrant dismissal, and is at the discretion of the

Camp Director. The following actions may result in the immediate expulsion from camp:

- Physical, sexual, or verbal abuse.
- Leaving the camp grounds without the permission of the Camp Director
- Leaving the camp grounds with visitors at any time except on our official Visiting Day
- Smoking
- Possessing weapons or firearms
- Vandalism (including graffiti) or pranks or activities that destroy camp property
- Abusing fire extinguishers
- Camp Ramah in New England has zero tolerance for the use by any camper of alcohol, illegal drugs, or other controlled substances

It is not possible to list all forms of behavior that are considered unacceptable. The Camp Director and/or יועץ (*yoetz*) will be in touch with the parent/guardian directly if there are discipline issues. Camp tuition is non-refundable in case of a camper's early departure due to discipline or behavior issues.

## **GRAFFITI & VANDALISM**

All campers and staff are responsible for maintaining the physical condition of camp. Any vandalism or destruction of camp property by members of the camp community will result in damages assessed and charged to the camper's family, and possible expulsion from camp. Any damage to the property, including graffiti, will be paid for by the campers' families. (Repainting bunks and/or bathrooms costs between \$200 - \$800) Fire extinguishers may never be discharged except in case of fire.

## **THE BOUNDARIES OF CAMP**

Campers may not leave the camp grounds at any time except

on camp-supervised trips or programs. Violation of this rule is grounds for dismissal. Campers may not ever go beyond the basic boundaries of the camp grounds: 'צד א' (*Tzad Aleph/A-Side*), 'ב צד' (*Tzad Bet/B-Side*), and *Machaneh Gimel*. Campers may not ever go beyond the *Eruv* that surrounds camp (a boundary that allows Jews to carry needed things in public on *שבת* (*Shabbat*), marked around much of camp with wooden poles connected with string), the train tracks, or *K'far Nivonim* without the express permission of their *ראש עדה* (*Rosh Edah/Division Head*), and accompanied by a counselor. Campers are not permitted to go to the “train bridge” in the woods behind camp.

In order to insure the observance of *שבת* (*Shabbat*), on *שבת* (*Shabbat*) campers and staff are never permitted to go beyond the *Eruv*.

## **ABUSE AND NEGLECT POLICY**

### **I. Introduction**

It is the goal of Camp Ramah in New England to promote a camp that is free of child abuse and neglect. To achieve our goal, the conduct that is described in this policy will not be tolerated. We have provided a procedure by which inappropriate conduct will be dealt with if encountered by campers.

Because Camp Ramah in New England takes allegations of child abuse and neglect seriously, we will respond promptly to complaints of child abuse and neglect. Where it is determined that such inappropriate conduct has occurred, we will act promptly to eliminate the conduct and impose such corrective action as is necessary, including disciplinary action where appropriate.

### **II. Definition of Child Abuse and Neglect**

The following are some examples of conduct that may constitute

child abuse and neglect:

- Verbal abuse
- Physical abuse
- Psychological/emotional abuse
- Sexual abuse
- Neglect

The striking or other physical or sexual abuse of campers is grounds for immediate dismissal. Verbal abuse or harassment of campers is also grounds for dismissal.

### **III. Complaints of Child Abuse and Neglect**

If any of our campers believes that s/he has been subjected to child abuse and neglect by staff or another camper, the camper has the right to file a complaint with our organization. This may be done in writing or orally.

1. All staff shall immediately report any suspected child abuse or neglect. The report shall be made either to the Massachusetts Department of Social Services or to the Director of CRNE.
2. The Director of CRNE shall immediately report suspected abuse or neglect to the Massachusetts Dept. of Social Services.
3. The Camp Director shall notify the Board of Health if a 51A report alleging abuse or neglect of a child while in the care of the recreational camp for children or during a program related activity is filed. The 51A report itself shall not be forwarded to the Board of Health.
4. CRNE will cooperate in all official investigations of abuse and neglect alleged to have occurred at the camp, including identifying parents of campers currently or previously enrolled in the camp who may have been in contact with the subject of the investigation.

5. CRNE will ensure that an allegedly abusive or neglectful staff person does not work directly with campers until the Massachusetts Department of Social Services investigation is completed.

#### **IV. State and Federal Remedies**

In addition to the above, you may file a formal complaint with either or both of the government agencies set forth below. Using our complaint process does not prohibit you from filing a complaint with these agencies.

1. Massachusetts Department of Social Services (MA DSS)

Central Office:  
24 Farnsworth Street #102  
Boston, MA 02114  
(617) 748-2000

2. Department of Child and Family (DCF):

140 High Street, 4th Floor  
Springfield, MA 01105  
(413) 452-3200

3. The Massachusetts Commission Against Discrimination (MCAD)

Boston Office:  
One Ashburton Place  
Room 601  
Boston, MA 02108  
(617) 994-6000

Springfield Office:  
436 Dwight St.  
Room 220  
Springfield, MA 01103  
(413) 739-2145

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

## VI. WITHDRAWAL OF CAMPERS

**The camp reserves the right to expel any camper or staff member whose actions we determine to be detrimental to the camp program or themselves.** This includes campers who leave the camp premises at any time, unless under staff supervision. If a child is expelled due to violating any conditions stipulated in this Family Handbook or due to inappropriate behavior, no refund will be provided. If a child is withdrawn for medical reasons, tuition will be refunded, pro-rated, for the number of days at camp minus the withdrawal fee (\$750 for full season campers, \$500 for single session campers, \$250 for mini-session campers). Withdrawal due to a medical condition that was not disclosed on the medical form may result in expulsion without a refund.

**THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS.** Voluntary withdrawals include, for example: child is homesick, parents are chillsick, change in family plans, family vacations and promises made by parents to withdraw the child after a “trial period at camp”.



# CAMP RAMAH IN NEW ENGLAND

## SUGGESTED CLOTHING LIST

Please label ALL items!!

**This list is intended as a suggested packing list. It is not necessarily required to bring every single item on this list. Please feel free to adjust for your child(ren) and contact us with any questions.**

### RECOMMENDED ARTICLES

- 10 - 12 T-shirts
- 7-10 pairs shorts
- 3 sweatshirts or light sweaters
- 2-4 long-sleeve or flannel shirts
- 14 pairs socks
- 5 pairs jeans or slacks
- 12 sets underwear
- 4 pairs pajamas
- 4 swimsuits
- 1 baseball cap or sun hat
- Windbreaker or hooded raincoat or poncho
- 1 warm jacket
- sweatpants
- Tallit or Tallit Katan and Tefillin (required for men past their Bar Mitzvah, encouraged for women)**
- 4 Kipot

### BEDDING AND LINEN

- 4 bath towels
- 2 warm blankets
- 2 wash cloths
- 3 hand towels
- 2 laundry bags
- 2 twin sheet sets
- 2 beach towels
- 1 pillow

### TOILET ARTICLES

- 1 Toiletry Kit (use plastic containers) including:
  - shampoo, nail clipper, soap, soap dish, two toothbrushes, toothpaste, comb or brush, drinking cup,
- orthodontic retainer (if applicable)

### FOOTWEAR

- 1 Pair Rain Boots
- 1 Pair Sneakers
- 1 Pair Beach Shoes/Flip-Flops
- 1 pair shower shoes

## ☆ For Shabbat ☆

2 pairs dress slacks (No jeans)  
4 dress shirts  
4 dresses or skirts and blouses  
1 sweater  
1 pair dress shoes or sandals

### **MISCELLANEOUS**

2 duffel bags  
1 Shoe Bag  
Sleeping Bag (**required only for campers in Solelim & Shoafim and Machon & Nivonim**)  
Flashlight & batteries  
Umbrella  
Canteen (1 liter or more)  
Extra eyeglasses  
Insect/tick repellent  
Sunscreen  
Books  
Athletic Equipment (tennis racket, balls, baseball glove)  
Musical instruments (non-electric)  
Addresses & stamped envelopes and cards  
Inexpensive camera  
Swim cap and/or swim goggles

### **PLEASE NOTE:**

- 1. Please be sure to label all clothing with your child's first and last name! (Initials are NOT sufficient for us to identify lost clothing found around camp!)**
- 2. Please be sure to label all items, including your child(ren)'s duffel bags, trunk, *Tallit*, *Tefillin*, and *Tallit* bags!**
3. Please only pack clothing that can be laundered.
4. Please pre-wash **ALL** new clothing and break in new shoes prior to bringing them to camp.

# CAMP RAMAH IN NEW ENGLAND IS WINTERIZED FOR YEAR-ROUND, KOSHER RETREATS!

Our beautiful site, in the hills of central Massachusetts, sits on a large, clean lake, with 100 acres of fields and woods. The site includes an indoor recreation center and complete sports, waterfront and program facilities. Our facility includes covered and open outdoor assembly areas, informal lounges, seminar/break-out rooms, a new gymnasium, performance and fitness facility, a beautiful state-of-the-art *Bet Midrash*; (three buildings containing a well-stocked Judaic library, synagogue, classrooms and meeting rooms), and more. Overnight winterized accommodations provide lodging for over 150 people. Camp Ramah in New England is the perfect setting for conferences and retreats for Jewish and secular organizations and groups.

Our winterized sleeping accommodations include a 6-room modern guesthouse with private bathrooms; the *Tikvah* Village, comprised of four large cabins with bathrooms and a lounge; the *Tikvah* Building, a modern residence with six bedrooms; two new large bunks with bedrooms and restrooms for 80 students and winterized rooms in our Infirmary.

We have comfortably hosted groups from across New England and further away, including University Hillel's, Jewish Day Schools, Regional Educator Assemblies, Federation of Jewish Men's Clubs, regional USY encampments, alumni meetings; large group Family Camping, secular professional organization meetings and retreats and synagogue *Shabbat* weekends.

Camp Ramah in New England is the perfect venue for overnight and weekday conferences, meetings, seminars and training sessions, retreats, and team-building. Let us work with you to create a program that will enhance and promote the goals of your program or institution.

Please contact Ed Pletman for information:  
[edpletman@campramahne.org](mailto:edpletman@campramahne.org) or (781) 702-5290 x102.

TRAVEL DIRECTIONS TO  
**CAMP RAMAH IN NEW ENGLAND**  
PALMER, MASSACHUSETTS

**FROM MASSACHUSETTS TURNPIKE: PALMER EXIT #8**

Turn left after paying toll onto Route 32 North. Continue on Route 32 for about 4 miles to Rondeau's Dairy which is on the left. Make sharp left turn. Continue for about  $\frac{1}{2}$  mile past the lake (on your left). Take first right fork to campgrounds.

**FROM BOSTON AND WORCESTER:**

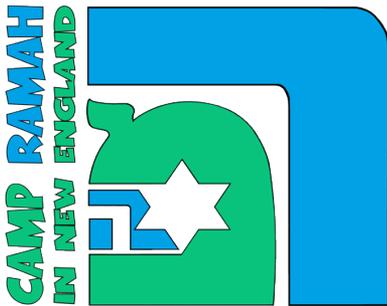
Massachusetts Turnpike West to Palmer Exit #8. Follow directions above.

**FROM ALBANY AND SPRINGFIELD:**

Massachusetts Turnpike East to Palmer Exit #8. Follow directions above.

**FROM HARTFORD, NEW HAVEN AND SOUTHERN CT:**

Interstate 91 North thru Springfield, MA.  
Exit 8 off of Interstate 91 is Interstate 291 in MA.  
Take 291 to the Massachusetts Turnpike East (right turn onto the Massachusetts Turnpike). You enter the Mass Turnpike at Exit #6 - continue to the Palmer Exit #8.  
Follow directions above.



**Winter address:**

1206 Boston Providence Highway  
Suite 201  
Norwood, MA 02062  
781-702-5290  
Fax: 781-702-5239



**Summer address:**

39 Bennett Street  
Palmer, MA 01069  
413-283-9771  
Fax: 413-283-6661

[www.campramane.org](http://www.campramane.org)