

Ramah Outdoor Adventure Parent Handbook

Our Mission:

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

Important Dates:

May 1: All payments and camper forms due

June 16: Session I & IA begin

June 30: Session IA ends and IB begin

July 13: Session I & IB end

July 18: Session II begins

August 1: Session II ends

August 3: Session III begins

August 6: Family camp begins

August 9 Family camp ends

August 10: Session III ends

Religious and Educational Orientation “The study of Torah outweighs all.” (Shabbat 127a)

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

The Program Day and Participation

Ramah provides each camper with an exciting program of recreational and cultural activities. The program affords most campers the opportunity to choose the activities in which they wish to participate.

A typical day consists of:

1. *Tefillot* (daily prayers) תפילות
2. *Shmirat Hagoof* (physical exercise) שמירת הגוף
3. *Aruchat Boker* (breakfast) ארוחת בקר
4. *Nikayon* (cleaning bunks) נקיין
5. Choices for two morning activities including wilderness survival, orienteering, biking, climbing, horseback riding, or wilderness arts and crafts.
6. *Aruchat Tzahorayim* (lunch) ארוחת צהורים
7. *Sha'at Menucha* (rest hour) שעת מנוחה
8. *Yahadut* (informal lesson with Jewish content) יהדות
9. Choice of one more activity from the previous list: wilderness survival, orienteering, biking, climbing, horseback riding, wilderness arts and crafts.
10. Camp wide sports (8-10th graders take turns cooking dinner during this time for their peers) ספורת
11. *Aruchat Erev* (Dinner) ארוחת ערב
12. *Peulot Erev* (evening activity) פעולת ערב
13. *Laila Tov* (good night) לילה טוב

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

Religious Observance

During the summer, your child will experience Shabbat "Ramah-style," daven each morning (and, for older campers, each evening), say *Motzi*, recite *Birkat Hamazon*, eat kosher food, and observe special days such as *Tisha B'Av*.

Ramah campers and staff come to camp with their own patterns of religious beliefs and observances. These different 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 *tefillah* (prayer) and Shabbat observance. These will be explained at camp.

The Ramah environment encourages campers to explore their own commitment to Judaism while maturing and becoming caring human beings, sensitive to the needs and concerns of others.

Hebrew Language

Hebrew is the language of our people. It links us with fellow Jews around the world. At camp, Hebrew is a living and user-friendly language and is emphasized as much as possible.

Announcements, signs, and plays are all in Hebrew.

Since Ramah is a camp where Hebrew is the language of choice, certain Hebrew terms are part of the daily routine. To help you become more familiar with some of them, please see the end of this handbook for a *milon* (glossary) of the most commonly used Hebrew words.

Getting Ready for Camp

Packing List

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

For those who are new to buying outdoor gear, the entire enterprise can seem a little overwhelming. Indeed there are hundreds of options for each piece of gear and almost no limit to the amount one can spend. Just remember that more is not always better. We have tried to demystify some of the choices in the gear section below. The information might be helpful to some but overwhelming to others.

Some things to consider when shopping for camp:

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

Please use the following list as a guide. Some *chalutzim* might choose to bring more of one item and less of another. Although we are a rustic outdoor camp, we subscribe to the motto: "dirt is clean but filth is dirty". Please bear this in mind when packing for camp. **We will be doing a camp-wide laundry every two weeks. *Chalutzim* coming for a one or two week session should bring enough clothes for their entire session. *Chalutzim* coming for a month will be able to have clothes washed once during their stay at camp.** While this might sound like a lot of clothes to pack, remember we are in the outdoors and when on an excursion one does not need to change their outer clothes each day. So long as one has clean socks and underwear one will be just fine.

PART I: GENERAL CAMP CLOTHES AND ITEMS NEEDED AT BASE CAMP

Clothing

- 10 Short Sleeve Shirts
- 3 pairs of shorts—at least one must be made of Nylon or other "quick-dry" material for hiking
- 1 pair jeans
- 1 pair quick dry pants (made from Nylon or similar material) to be used for hiking
- 1 pair long underwear
- 1 pair sweat pants or fleece pants
- 1 bathing suit
- 1 winter hat
- 1 baseball style hat
- 1 bathrobe
- 15 pairs of underwear
- 20 pairs of socks (at least 5 should be non cotton—detailed description below)
- 1-2 Shabbat outfits. Everyone must wear a white shirt on Friday night. Clothes must be clean, and be special for Shabbat. Pants or, khaki style walking shorts are suitable for male campers, modest dresses, skirts or pants are suitable for female campers
- 2-3 Sweatshirts/ light fleece pullovers
- 1 button down shirt

Toiletries --

- 1 bottle of insect repellent – NO AEROSOL
- 1 bottle of sunscreen
- 1 comb or brush
- 1 toothbrush, toothpaste, floss
- 2 bars of soap
- 1 soap dish
- 1 bottle shampoo
- Feminine hygiene products, if applicable

Bedding and Linens

- 1 WARM twin size blanket **or** one warm sleeping bag (detailed description below)
- 2 pillowcases, sets twin sheets
- 2 bath towels
- 1 laundry bag
- 1 pillow
- 2 face towels

Shoes

- 1 pair sneakers
- 1 pair beach sandals/ shoes that can be worn in the water. These shoes must be able to be *secured* to ones foot with a strap so that they will not wash away in a moving river or stream. Think Tevas or Keens, not Crocs.
- 1 pair of shower shoes. PLEASE note that flip-flops may ONLY be worn near the tents and bath houses. Flip flops may not be worn during the day in the rest of camp.

Religious items (required for boys, optional for girls):

- *Talit* (for boys over 13)
- *Teffilin* (for boys over 13)
- *Kippot*

Optional

- Pens, Pencils, Stationary
- Books
- Camera/Film/Memory Cards
- Shabbat Shoes
- Sports Equipment
- Musical
- Instruments

PART II: TECHNICAL GEAR NEEDED FOR EXCURSIONS AND SOME BASECAMP ACTIVITIES

Camping gear can be purchased at almost any outdoor store. Specialty stores such as EMS or REI will also have everything one needs. Online stores include Moosejaw.com,

Backcountry.com and Campmor.com. Often high quality gear can also be purchased at non-gear stores like Costco, Target or BJ's.

We have arranged for a 15% discount on most gear and a 25% discount on Moosejaw branded gear at [ww.Moosejaw.org](http://www.Moosejaw.org). If you would like to take advantage of this pricing please use RAMAH15 as the coupon code during checkout

Must Haves

1. Hiking shoes/boots (1 pair) - A pair of supportive shoes or boots that **fit properly** is the single most important piece equipment that you can bring to camp. Appropriate footwear not only makes everything safer but also more fun (no one likes blisters). A pair of breathable light- to mid-weight hiking boots is ideal with very supportive trail shoes and full backpacking boots also being acceptable. It's best to break them in and make sure they fit by wearing them around before you get to camp. Some examples (remember good fit is the main concern) would be:

- Vasque Breeze (available in 3 widths)
- Merrel Moab Mid
- Salomon 3D Fastpacker Mid
- Hi-Tec

2. Socks (5 pairs) - Light- or medium-weight merino (no itch) wool or synthetic blend (without any cotton) socks. Some people like to wear a pair of light synthetic liner socks underneath their heavier outer sock. When you are breaking in your boots it is worth wearing the socks you're going to wear. Some examples (in no particular order):

- Kirkland Signature Outdoor Trail Socks (medium-weight wool blend, fabulous price)
- Wigwam Trail Mix Fusion (Synthetic blend)
- Smartwool Hiking medium Crew (medium-weight wool blend)
- REI Merino Wool Light Hiker II (light-weight wool blend)
- Wigwam Gobi Liners (light liner socks)

3. Sleeping Bag - A compact/lightweight 30-40 °F down or synthetic sleeping bag. While each manufacturer has its own rating system, many of the leading manufacturers now also publish standardized EN-ratings. These ratings are a good way to compare different sleeping bags and are much more reliable than the temperature number that appears in the name. The temperatures that appear in the name are essentially just marketing, but as no two people are physiologically identical even En-ratings are just a guide (females look at t-comfort, males look at t-limit). There are advantages and disadvantages to both down and synthetic but basically down is more compact, lighter,

and can last multiple decades. Whereas synthetics are less expensive, better in wet environments, and typically last several years. Sleeping bags are usually sized by height (Kids/Youth – up to 5' & 5'6", Adults – up to 6' & 6'6") and there are also a growing number of women's specific (up to 5'6", 5'8", & 6') models. These women's-specific bags tend to be sized differently and be a little bit warmer, but sleeping bags are still really unisex items. If you are borrowing a sleeping bag from friends or family, please remember that synthetic insulation loses its value over time -- especially if it has been stored tightly stuffed. Bigger **isn't** better, so please bring one that is compact/lightweight (under 3 lb), of an appropriate size and temperature rating. Here are some examples:

<u>Product Name</u>	<u>Category</u>	<u>Sizes</u>	<u>Temperature ratings °F</u>
Marmot Never Winter	Down, Mummy	6' & 6'6"	t-comfort (female): 41.4 t-limit (male): 32.4
Mountain Hardwear Lamina 35	Synthetic, Mummy	5'6", 6', & 6'6"	t-comfort (female): 41 t-limit (male): 32
Marmot EcoPro 30 (good for cold sleepers)	Synthetic, Mummy	5', 6' & 6'6"	t-comfort (female): 35.4 t-limit (male): 25.5
Kelty Women's Light Year Down 20	Women's Down, Mummy	5'6" & 6'	t-comfort (female): 32 t-limit (male): 21
REI Lumen +25 Youth	Youth's Synthetic, Mummy	5'6"	(EN-ratings don't exist for Youths so by the Adult version) t-comfort (female): 36 t-limit (male): 25

4. **Rain jacket** – A waterproof/breathable rain jacket. The fabrics used in these jackets aim to keep rain out while allowing perspiration to escape. As a trip doesn't stop simply because it is raining, it is important to be able to hike while wearing your jacket without getting drenched in sweat. While there are many different proprietary laminates, the differences are mainly in how they balance breathability versus waterproofness and durability. In general 3-layer fabrics (such as the current gold standard Gore-Tex Pro Shell) are the most durable and water"proof" but they are also the most expensive and can be a bit heavier. 2 or 2.5 layer fabrics (such as Precip, HyVent, Conduit DT, etc.) tend to be less expensive, more compact, and have similar breathability. The lightest and least durable option but also by far the least expensive are the so-called porous fabrics (such as Frogg Toggs). Finally while a decent quality lightweight poncho (no dollar store poncho in a ziploc, please) are perfectly fine for backpacking, if you're interested in water-based trips please get a jacket. No ponchos.

- Marmot Precip (2.5 layer)
- Patagonia Rain Shadow (2.5 Layer, with pit zips)
- Marmot Exum (Gore-Tex Pro Shell, full features)
- Frogg Toggs Pro Action (porous, usually sold as jacket pants combo at fishing stores)

5. **Water container** - A water bottle or hydration bladder (like a camelbak) that can hold 1 -1.5+ Quarts (32 - 48+ Oz) to be used both at camp and on trip. If you elect to go with a bladder please make sure you have a way to carry it around camp.

6. **Sunglasses with strap**

Nice to Have

1. Rain Pants-- While it is important for a jacket to be waterproof and breathable, this is less important when it comes to rain pants. A pair of rubber rain pants from Target will suffice, unless you would prefer to spend the extra and buy some sort of coated nylon pants or even goretex pants.
2. Hiking Shirt-- made from quick dry material
3. Warm gloves - lightweight synthetic or wool gloves or mitts to take the chill off cool mountain nights
4. Backpack - 40 to 60 liter (2400-3600 cubic inches)
5. Dry Bags or compression sacks
6. Small Camera
7. Sleeping pad – A 3-season foam or self-inflating sleeping pad. Manufacturers design and test their sleeping bags assuming the use of an appropriate sleeping pad. Far more important than the cushioning the pad provides is the crucial insulation (expressed as an R-value) between your sleeping bag and the cold ground. Self-inflating pads are more comfortable, more insulative and significantly more compact, whereas foam pads are less expensive and more durable. Self-inflating pads come in various sizes (3/4 of your height is adequate, full length is more luxurious/expensive and heavier). Foam pads can usually be trimmed to the appropriate length. Finally pads that require pumping are making a comeback but for summer-use they are overkill in both price and warmth, while also being less durable. Some good samples:
 - a. Thermarest Z-lite (51", 72")
 - b. Thermarest Prolite (36", 47", 72", Women's (slightly warmer) - 66 in)

Bring it if you have it:

- Trekking poles
- Any interesting items of gear (non-electronic), maps, books that you think might come in handy, that you'd just like to bring for show and tell, or that you might want to learn more about
- Compass
- Folding pocket knife with locking blade or Multi-Tool (Leatherman)
- Quick-dry towel
- Climbing shoes
- Riding helmet
- Riding shoes
- Cowboy boots (for horseback riding)

Portable Electronics

Camp has a limited amount of electricity in the main buildings. Camper tents have no electrical hookups. While we encourage campers who are flying into Denver to bring a cell phone for their travel day, there is no cell phone service at camp.

At camp, one will be confronted with the natural sounds of a high alpine ranch. We encourage campers to spend their time at camp listening only to natural sounds and those emitted by human voices. Electronic games, DVD players & PDAs are not permitted to be used at camp under any circumstances. Similarly, we do not allow music to be played on speakers except during Shira (song sessions) in the Chadar Ochel (dining hall). **We discourage campers from bringing MP3 players.** But for those who rely on a MP3 player to relax or to learn their Bar Mitzvah portion etc, you will be allowed to listen to them ONLY when seated in one's tent. Earphones may never be worn outside of the tents. MP3 players may not be brought on excursions under any circumstances.

Money

Campers should bring a small amount of spending money. The only items a camper may buy during their time at camp are treats at the airport on travel days and camp gear.

We are selling camp sweatshirts and sweat pants for \$18 each. While all campers will be sent a T-shirt before camp begins, additional shirts can be purchased for \$8 each at camp. There is no need to bring money on any excursions, as all meals and snacks are provided by the camp.

Campers flying home from Denver at the end of their session should bring \$2 tip per suitcase for skycaps.

Food

It is not permissible to send food to camp. Food in tents invites unwanted animal guests and leads to annoying and potentially dangerous situations.

- Food cannot be sent to camp in a care package.
- Campers cannot bring food with them to camp on Opening Day. Such food will be confiscated. To enforce this policy, packages will be opened by our rosh edah (division head) or yoetzet (advisor) and all food-related items will be gathered and donated to the local food bank. Please do not embarrass your child by putting them in an unnecessary situation by sending food. Camp will be providing additional snacks during the day. Your child will be well cared for in camp and they will not go hungry!

Emergencies

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

PLEASE NOTE: WHEN YOUR CHILD IS OUT ON AN EXCURSION, YOU WILL BE UNABLE TO REACH THEM. Excursion leaders will be able to contact base camp for emergencies, but will not be able to receive incoming calls. Our primary focus is to enable emergency communication for our trip leaders who are watching over your child.

In case of family emergency, please call the main camp number 303 261 8214 and press “9” to reach the on-call Ramah Outdoor Adventure senior staff (“Hanhallah”).

If you sense that there might be a family emergency *before* your child leaves for an excursion, please contact Rabbi Eliav Bock or our Yoetzet, Tammy Dollin. We will work with you to determine whether your child can leave on a given excursion. If an emergency arises while a child is out on an excursion we will attempt to pass a message on via trip leader but cannot make any guarantees. Even if we are able to reach a camper on an excursion, it could be an additional day or two before we can bring them back to base camp.

Telephone calls

One of the goals at camp is to create a positive and intensive Jewish summer. The Ramah environment is one unencumbered by some of the modern technologies of today, as well as the hustle and bustle of modern life, which allows us to achieve this objective more effectively.

If you need to discuss something with your child, please contact Rabbi Eliav Bock or Tammy Dollin at 303.261.8214. One of them will help you communicate with your child in case of family emergencies or other special circumstances. Both Rabbi Eliav and Tammy have their own private and confidential voice mailboxes.

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

Communicating by Mail

Email Parents who have submitted email addresses have been receiving periodic updates about camp. If you are not receiving email from us, please inform us at info@ramahoutdoors.org. During the summer season, email will be sent weekly to keep families aware of what is going on in camp.

To send letters to campers

Go to www.ramahoutdoors.org → click on ultracamp login → on right side click on email a camper. You can send up to two emails to each camper per day from each account. If you have additional people who would like to send emails to campers, please click on “create a friend account”.

Letters from Campers

Campers are required to write home at least once each week while at base camp. When on excursions, campers will not be able to mail letters, but can send any letters they have written when they return to base camp.

Please don't be concerned if you haven't heard from your child for a few days. Mail is sent from camp daily, but is occasionally delayed.

Letters to Campers

Your child will want to hear from you at least as much as you want to hear from your child. It is especially important that younger campers and first-time campers receive mail from home within the first 24 hours of camp. Please write to your child before camp begins, so they can receive a letter the first day. Mail to camp takes a few extra days because of our remote location.

Letters should be addressed to:

Name of Camper,
Ramah Outdoor Adventure
Flying G Ranch
26601 Stoney Pass Road
Sedalia, CO 80135

Website

Please visit our website at www.ramahoutdoors.org or join our Facebook group to receive frequent updates from camp. Our Facebook page is linked on the lower right of our website. In addition, we send out weekly updates on the director's blog. To subscribe please visit our website, click on directors blog and then click on "signup for blog post updates."

To access camp photos please go to www.ramahoutdoors.org click on ultracamp login then click on "photo gallery." You will need to enter Ramahkayitz2010 as the password to view the photos. We will upload picture at least once a week, and will send out a note on the blog and our Facebook page when we have added new pictures.

Transportation

Please be sure to complete the online travel survey form so we know how your camper will arrive at camp, and whether they need a seat on the Ramah Outdoor Adventure shuttle.

Unaccompanied Minors:

Please advise Ramah Outdoor Adventure if your child will be flying with a parent, flying alone, or flying as an official 'unaccompanied minor' – with you paying the airline's unaccompanied minor fee – to and from Denver.

As of May 2010, these are the age requirements for flying as an 'unaccompanied minor' for several airlines that service Denver International Airport. Please double check with your carrier about their specific policy.

Airline Name	Mandatory	Optional
Continental Airlines	5 – 11 years old	12 – 17 years old
Frontier Airlines	8 – 14 years old	N/A
Midwest Airlines	8 – 14 years old	N/A
Southwest Airlines	5 – 11 years old	N/A
United Airlines	5 – 11 years old	12 – 17 years old

Ramah Outdoor Adventure staff will meet each camper at their gate as they deplane. The procedure is a bit different for actual 'Unaccompanied Minors', so we need to know that before travel day. If your camper is flying as an unaccompanied minor, please list **Rabbi Eliav Bock** as the person meeting them at their gate in Denver.

If you want your camper to fly back home at the end of their session as an "unaccompanied minor", please be sure to make those arrangements and pay the airline's fee before travel day.

All campers will be escorted through security and to their gate area by camp staff on travel day.

Bus

Ramah Outdoor Adventure has arranged for bus transportation for out-of-town children and their luggage between camp and Denver International Airport (airport code DEN).

We will also provide a shuttle bus for Denver metro campers leaving from:

The Hebrew Educational Alliance
3600 S. Ivanhoe St.
Denver CO 80237

Please make sure that you complete the online transportation form if you would like to reserve a place on either shuttle.

By Car

For both sessions, if you choose to drive your child to camp, please plan to arrive between 11:00am and 1:00pm.

We request that you leave promptly after drop off so your child can begin their Ramah experience right away.

Driving Directions to Camp:

1. From **US285** at Pine Junction, turn **SOUTH** onto Highway 126.
2. Follow **Highway 126**, for **21.9 Miles** (approximately 2 ½ miles WEST of Deckers),
3. Just after a trailhead parking lot, turn **RIGHT** onto **Forest Service Road 211**.
4. Go **2 miles** to the first fork and turn **RIGHT**.
5. Go **1.1 miles** to the second fork and stay **RIGHT**.
6. Go **1.5 miles** to the third fork and stay **LEFT**.
7. Proceed approximately 1 mile to camp.

Important Guidelines "All Jews are responsible for each other" (Sanhedrin 27b)

Rules and Regulations

Please carefully review these with your child.

Your child is the most important member of the Ramah community. Camp's responsibility to you, to your child, and to governing agencies (the Colorado State Division of Human Services, the American Camp Association, the National Ramah Commission, and others) requires that its primary goal be to provide a safe and healthy summer experience for all. Health and safety are paramount concerns at Ramah Outdoor Adventure.

The following are important rules and requirements for camp. Both the camper and their parents agree to abide by these policies. In the constantly and rapidly changing times in which we live, these policies are under constant review by the professional staff in consultation with the camp committee. Please read the 2010 rules carefully.

1. Parents may not remove their child from camp. To maintain the integrity of the camp program, please do not plan discretionary events during the summer that necessitate removing your child from camp. Campers "coming and going" tears at the fabric of the camp experience and therefore is forbidden. If you have any questions, please speak with Rabbi Eliav.

2. Parents, relatives, or friends may not drop by to visit campers. Camp remains a closed community in order to protect your children and to create the special atmosphere that is camp. Parents dropping by disrupt the equilibrium of camp and disrupt activities.

3. Pets are not allowed.

4. Marijuana, alcohol, narcotic and hallucinatory drugs, and non-prescription depressants or stimulants, as well as any drug paraphernalia, are forbidden to anyone in the Ramah community. Possession or use of these substances will result in automatic and immediate dismissal with no tuition refund.

5. Campers are not permitted to smoke while at camp. Cigarette smoking can result in immediate dismissal, at the discretion of the Director. No tuition refund is granted.

6. No camper is permitted to leave the camp grounds except as part of a supervised camp activity that is authorized by the camp administration. Violating this rule is cause for dismissal. No tuition refund is granted.

7. Life at camp is much more active than one's normal routine at home. Each edah (age division), depending on the age of its campers, has a set curfew time. Violating curfew may result in dismissal, at the discretion of the Director. No tuition refund is granted.

8. Romantic relationships sometimes develop between 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.

9. Ramah insists upon an absolute division between campers and staff. Thus camper/staff romantic relationships are never allowed. Staff includes any member of the community who is not a camper. In such situations, a senior staff member will speak with the camper and the relationship will be ended. The staff member will be dismissed.

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

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

Photographs

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

Gambling

With the increased marketing of gambling in the general culture and the ever increasing media exposure of professional poker tournaments on cable television, we are starting to see campers expecting to play cards for money. Our camp policy is that occasional recreational card playing is permitted. Gambling for money is absolutely prohibited and is grounds for dismissal from camp.

Withdrawal of Camper

Involuntary withdrawal

If a child is to be withdrawn from camp on an involuntary basis, -- where the camp administration requires the parents to withdraw the child -- a refund is made to the parents on a pro-rated basis of the tuition only or half of the tuition, whichever is lower. Administrative fees and miscellaneous items (e.g. CampMeds, transportation, etc.) are

not refundable. In behavioral situations, as noted above, such as drug or alcohol use, or unacceptable behavior, there will be no refund of monies paid.

Voluntary withdrawal

There are no refunds for voluntary withdrawals of campers. Examples of voluntary withdrawals include: a child is homesick, parents miss the child, changes in family plans, or family vacations. We urge you **not** to "make deals" with your child to "try it for a while."

Such promises usually make it impossible for a child to adjust to camp properly. If you or your campers need extra support or encouragement before camp begins, please call Rabbi Eliav at the camp office (303) 261-8214.

Health "A joyful heart makes for good health." (Proverbs 17:22)

Medical Forms

To comply with the requirements of the Colorado State Department of Health, and for the health and safety of your child, fellow campers, and staff, we require new medical forms to be completed each year your child is at camp. We must receive your child's medical forms by May 1, 2010. Your child will not be assigned to a bunk until we receive your child's completed forms.

Your child must have had a physical exam conducted by a physician on or after June 1, 2009.

Immunizations and Medical Equipment:

All immunizations must be current and comply with the standards of the American Academy of Pediatrics. No waivers of required immunization, except for documented medical reasons. No philosophical waivers are granted. Your child must have been vaccinated for tetanus on or after September 1, 2000.

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

If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Please write your child's name on their lens packages.

If there are any specific medical concerns during camp please, send an email message to medical@ramahoutdoors.org. Communication will be held in the strictest confidence.

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 Outdoor Adventure for co-payments or other expenses that Camp pays to providers 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.

Medical Hygiene

Ramah Outdoor Adventure will check all campers and staff for head lice upon arrival at camp. To avoid an embarrassing situation, we ask that you please check your child's head before the start of camp. If your child is found to have lice or nits, we will contact you, as he or she will need to be treated immediately. You will be asked to choose between coming to camp to take your child home or agreeing to have your child treated at camp. If you take your child home, your child may return to camp when they are free of lice and nits, subject to examination by our nurse.

If you choose to have your child treated at camp, there will be an additional charge that will depend on the severity of the case. You will be asked to provide a credit card to cover the treatment charge.

Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like camp. Sharing towels, beds, barrettes, headphones, hats, kippot, T-shirts, and other personal items like combs and brushes contribute to their ability to spread. Please discourage your child from sharing such items while in camp.

Infirmary

Our infirmary is staffed by a medical professional, usually a Registered Nurse. We always have a physician on-call by telephone as well.

The infirmary is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that Colorado state law requires that all medications be kept in the infirmary at camp. No over-the-counter medications of any kind may be kept in the bunks. Parents are responsible for paying for prescriptions that are prescribed by the camp doctor and filled locally for your child.

Medications

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

We have selected CampMeds, Inc. to serve our families for this summer. CampMeds dispenses, packages, and ships medications directly to overnight camps throughout the United States. If your camper will be taking medication in pill form at camp this summer, please read the letter from CampMeds in the medical section of the document center on our website, and then register your camper through the CampMeds.com website. If you have questions, please do not hesitate to contact us. We are confident that this program will help us achieve our primary goal: the health, well-being, and safety of your child.

Medication "Vacation"

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

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 has had orthodontic work, please do not make any significant adjustments immediately before the camp.

Medical and Infirmary

If your child writes that they have been to the infirmary, please remember that the news is several days past the incident. 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 infirmary overnight. Parents will be called the following morning.
- A child needs to be taken for x-rays or lab tests. The infirmary will also call with the results.
- A child needs to be put on antibiotics.

Keep in mind that Ramah Outdoor Adventure has a highly experienced medical staff that is qualified to make appropriate decisions concerning your child's health. If you should have any questions about the medical care your child is receiving, please feel free to request a conference with our medical staff and/or chair of our Medical Committee. Please notify camp immediately of any medical condition that develops immediately before the summer.

Security

But one who listens to me shall dwell safely.” (Proverbs 1:33)

Our primary concern is keeping our campers and staff safe. It 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 secure environment possible for our campers, the professional staff and the camp committee leadership have designed the following protocols regarding safety and security:

- The main entrance to camp will be kept locked at all times, and can only be opened by a qualified staff person.
- No unexpected visitors will be allowed into camp.
- All mail must be addressed properly with proper postage affixed. Mail not addressed properly will not be delivered. See the section on Mail for details.

Clothing Guidelines “He shall take off his clothes and put on other clothes.” (Leviticus 6:4)

Clothing

It is important for health and cleanliness reasons that your child has sufficient and appropriate clothing. Clothing is subject to heavy wear and tear and, at times, unintended loss. It is therefore advisable to supply children with practical, economical outfits rather than expensive ones.

Camper Clothing Policies

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

Camp Ramah requires each camper to dress in a way that reflects respect for the educational environment of camp and that meets appropriate standards of good taste, cleanliness, neatness, and *tzniut* (modesty). Camp is not the place for wearing clothing

that does not fit into the environment of camp, such as clothing that is very tight, revealing, or in other ways very suggestive.

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

Guidelines for Appropriate Clothing at Camp:

1. T-shirts with profanity, inappropriate words, phrases, or symbols may not be worn. Also, campers may not wear clothing that advertises alcoholic beverages, cigarettes, or illegal substances.
2. Please note the following guidelines:
 - ·No bare midriffs
 - ·Underwear may not be visible.
 - Tank top straps must be the width of three adult fingers; no spaghetti straps may be worn.
 - Bra straps may not show.
 - See-through tops, "low-rider" pants, mini-skirts, halter-tops, or backless tops and similar clothing are prohibited.
 - Girls may only wear one-piece bathing suits for all swim activities. No tankinis
3. Shabbat attire: What is fashionable and appropriate to wear at a party may not be in keeping with the holiness of Shabbat. As we sanctify Shabbat, we must be certain that our attire is both special and appropriate.
 - During Kabbalat Shabbat, Friday night Ma'ariv, and Shabbat morning services, campers' shoulders must be covered. This means that tank tops and sleeveless tops are absolutely prohibited. Although skirt length need not be below the knee, it should be appropriately modest. Campers may not wear sweat pants during these times. Boys also need to wear appropriate button-down or collared shirts.
 - On Erev Shabbat (Friday night), we pray together in a central location. To create a communal atmosphere for these occasions, all members of the camp community must wear a white button-down shirt, white collared shirt, or white sweater. Please be sure to pack enough white tops for Shabbat.

Camper Laundry

Camper and staff laundry is sent out every two weeks to an outside service and is returned a day or two later. Two week campers will not have an opportunity to do laundry at camp, and should bring enough to last their entire session. One month campers can have their clothes washed when they return from their first excursion. All clothing must be permanently labeled with the camper's name and should be wash-and-wear. Four week campers should include a laundry bag, which will hold their clothing going to and from the laundry. We will not be able to properly launder dressy blouses, shirts, dresses, etc. As with any laundry service, items may get lost, discolored, or even ruined. Do not send any "dry clean only" items.

Lost and Damaged Items

During the summer you should expect that your child's clothing will experience normal wear and tear, and that there will be occasional losses. Do not be surprised to hear in a letter from your child, "We came back from an overnight and my jeans are missing."

Please do not send expensive items that could be lost or misplaced.

Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

Gratuities Policy "A mitzvah is its own reward" (Avot 4:2)

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

Parents wishing to honor their children's staff are invited to donate to the Staff Enhancement Fund in the name of the staff member. This fund is used to support programming for staff during their free time. Checks should be made payable to Ramah Outdoor Adventure and should be marked Staff Enhancement Fund. A letter of acknowledgement will be sent to the staff member informing them of your donation.

Checklist for Parents

Have you:

- Met your tuition/fees deadline and paid in full by April 1, 2010
- Submitted your transportation and baggage form by April 15, 2010
- Submitted your medical form by May 1, 2010
- Submitted your release form by May 1, 2010
- Submitted your camper profile by May 15, 2010
- Notified us of any summer address changes

Please contact us with any questions.

Whom Do I Call At Camp?

To reach the camp switchboard, call: (303) 261 8214

Operational questions should be directed to the following people:

Rabbi Eliav Bock, Camp Director: X104

Elyssa Hammerman, 6th & 7th Grade Coordinator: x103

Sarah Shulman, Assistant Director: X105

Tammy Dollin, Yoetzet -- Camp advisor: X 102

Douglas Wolf, Logistics: X101

Office Manager: 106

Medical Director: 107 (messages only)

Emergencies: Hanhallah – On-Call Senior Staff x109