

# PARENT MANUAL

## SUMMER 2026



A Heritage of Happy Campers

## **Required Forms**

The following items must be completed online by June 1st in order for your son to attend camp.

To access forms, please go to our website, [campmanachai.com](http://campmanachai.com) and login to your account.

- ☐ Camper Enrollment (Online)
- ☐ Payment/Arrangements (Online)
- ☐ Camper picture (Online)
- ☐ Flight Information (for air travelers) (Online)

### **Medical Form**

- ☐ Completed Medical & Consent Form (pdf to print, complete, and then upload online)
- ☐ Parent signature (consent & meningitis immunization) (Online)
- ☐ Insurance information & copy of card (upload online)

## **2026 Camp Calendar**

Tue, Jun 23— Tue, Jul 7	<b>Session A</b>	2 Weeks
Tue, July 7- Tue, Aug4	<b>Session B</b>	4 Weeks
Tue, Jun 23 - Tue, Aug 4	<b>Full summer</b>	6 Weeks

## **CLA Divisions**

Junior Division	Entering Grades 4-7
BMD Division	Entering Grades 8-9
Teen Division	Entering Grades 10-12



# ESSENTIAL INFORMATION

## COMMUNICATION WITH CAMPERS

### Telephone /Email

**Phone Call Policy:** Campers may call home once a week. Calls commence approximately one week into the session.

**Birthday Phone Calls:** If your son has a birthday during the camp season, please call the camp office a couple of days before the birthday to arrange a time to speak with your son on his birthday.

**Phone Calls to the Director:** If you need or want to speak with the director or camp staff during camp, please leave a message during the day and someone will return your call within 24 hours.

The Camp Website: [www.campmanachai.com](http://www.campmanachai.com)

Please write and send e-mails to your son throughout the session.

Receiving mail from home is vital in helping your son adjust to camp.

### Emails

Emails can be sent to campers on our website <https://campmanachai.com/contact-camper/>

### Letter Writing:

Letters should be sent to the following address:

### Camper's Name

C/O Camp L'man Achai

1590 Perch Lake Road

Andes, NY 13731

### Packages

Please make sure all food products are certified Kosher Pareve only. Any packages without a return address will not be opened for security reasons and will be passed on to the proper authorities.

### Health Care

It is essential that we have complete and up to date medical, insurance and contact information for all of our campers prior to their arrival. Our health director must have time to process and review each camper's medical history in order to properly care for every child. Campers with incomplete or missing information will not be permitted into camp. All camper forms are available online.

### Prescription Drugs

If a camper requires prescription medications from a pharmacy, the charge will be billed to your medical carrier. If there is a deductible, you will be billed accordingly. Any prescription medications your child brings to camp must have a prescription from your doctor detailing the medication prescribed, the dosage, the time and frequency it should be taken, and the reasons for taking the medication. No UNLABELED MEDICATION will be dispensed. Verbal information about medication is insufficient.

If you are accompanying your child to the camp bus, please hand all medications to the camp staff. If your child is arriving on his own, please contact camp after arrival day to ensure that the medications were received. All medications (both

### Notification Procedures:

Our medical staff follows the following procedures:

1. We will generally not contact you if your child is seen by a nurse for routine problems, such as minor scrape, headache and colds.
2. If a child is placed on antibiotics or kept in the Health Center over night, a member of the medical team will contact you that day or evening.

## FOOD & SNACKS

It is **not** necessary to send any food, candy, soda, etc. We provide three nourishing, well-balanced meals each day, a snack in the morning and in middle of the afternoon, and have a canteen with a variety of snacks to buy. However, if you do plan to send along food to camp, please make sure that all food is sealed properly and is properly Kosher Parve certified.

## MONEY & CANTEEN

The camp canteen sells snacks, drinks and other items for the convenience of our campers. In addition, Tzitzit and Kippas will be available to purchase. Recommended canteen spending money is between \$15 -\$20 per week. You can add money to canteen and purchase items in your camp account. All money & valuables should be deposited with the counselors or head staff.

CLA is not responsible for any money kept by a camper in their bunk.

## LAUNDRY

Our camp has a commercial laundry service once a week that washes and dries campers laundry. The laundry is usually returned a day or two later. This service is not recommended for delicates, or very expensive items.

**Please make sure to label all your sons belongings.**

## CODE OF CONDUCT

(Please review with your child before camp begins)

- The simple rule we follow for camp living is that no one is allowed to cross the line into another's personal space regardless of in the intentions are playful or otherwise. CLA will not tolerate disrespectful and/or inappropriate behavior to peers or staff
- Any camper defacing camp property (e.g., with graffiti or by any other means) will be billed for damages and asked to leave camp.
- Alcohol, illegal recreational drugs, tobacco products of any kind, or being in the presence of someone consuming or, in possession will result in immediate dismissal from camp.
- Campers are not permitted to change their physical appearance while at camp: ear piercing and hair dyeing etc.

## ITEMS PROHIBITED AT CAMP

We do not allow campers to have hand held electronic games such as Nintendo, PSPs or Gameboys incamp. In addition, CELL PHONES, DVD players, video cameras, laptops, PDAs and TVs are prohibited. The only electronic items that we allow at camp are basic (audio only) iPods (so that campers can listen to music during rest hour and/or at bedtime). Please note that CLA cannot be responsible for any loss or damage to these items. If these items are needed for travel it should be given to their counselor. It will be kept in the office and returned at the end of the session.

## OTHER PROHIBITED ITEMS

**Please do not send any of the following items:** Dart guns, water guns, knives , laser pointers or lighters. These items can be dangerous and cause a hazardous situation at camp.

**Please note: If any of these prohibited items are found in camp, they will be collected and returned to the camper at the end of camp.**

Do not send expensive cameras, expensive watches to camp.

The camp cannot assume responsibility for the loss or damage of campers' personal property.

# ESSENTIAL INFORMATION

## SUGGESTED PACKING LIST

In order to ensure that your children have the proper attire for Camp, we suggest simple, practical, and washable clothes. Parents are requested to cooperate and ensure that your children do not bring expensive or prohibited items with them to camp. We cannot assume responsibility for any lost or damaged clothing.

Camp provides an overnight laundry service once a week. It is unnecessary to send more than a 9 day supply of clothing.

### CLOTHING

9 Pairs socks

9 undershirts

9 underpants

Tzitzis (available for sale at camp \$8.00)

2 long sleeved shirts

6 polo or T-shirts

8 shorts

1 warm jacket

2 sweatshirts

Kippas

(available for sale at camp \$6.00 plain \$8.00 camp kippa)

Raincoat

Shabbat outfit

Bathrobe

2 Pajamas

2 bathing suits

2 bath towels

2 bed sheets

2 pillow cases

1 blanket

1 pillow

### FOOTWEAR

Shoes

Sneakers

Slippers / sandals

Rain boots

### TOILETRIES

Soap & soap case

Toothbrush & case

Toothpaste

Shampoo

Nail clipper

### HIKING EQUIPMENT

Sleeping bag

Backpack

Canteen/Water bottle

Flashlight

### SUGGESTED ARTICLES

Indoor games

Reading books

Post cards & envelopes

Pens, pencils & papers

Baseball Glove

Sunscreen & Sunglasses

Swim Goggles

### RELIGIOUS ARTICLES

Tefilin – for boys ages 13

and up If you own a pair

Tallit - (If wears one)

## TRANSPORTATION TO CAMP

**Session A:** Buses will begin loading at 1:30 PM and will depart at 2:00 PM sharp from the Camp L'man Achai city office located at 4405-13th Avenue, Brooklyn, NY.

Please follow the instructions of the camp staff that will be at the buses.

**NJ Pickup:** Pick up in NJ will be at 2:30 PM

**Sessions B:** The camp office will be in touch with you regarding times of busses to camp.

### Air Travelers

Please fill out the flight information form when registering online.

Camp staff will meet your son at **EWR - Newark Liberty International Airport** upon his arrival. This is the only airport from which CLA can provide pickup (and drop-off) service.

Campers flying for the **Session A** should arrive at **EWR** between 1pm - 3pm on the first day of the session.

Campers flying for **Session B** should arrive at **EWR** between 3pm – 5pm on the first day of the session.

Please be sure your son has his photo ID and a minimal amount of carry-on luggage. Luggage may be shipped to camp before camp before traveling. Please plan to arrive at the airport well in advance of the scheduled flight to enable your son to have a safe and enjoyable trip.

If you have any questions, please feel free to call the office.

There is a \$85 fee for all airport pickups. If your child is flying as a minor there is an additional fee of \$65 fee. Although camp will make every effort to ensure timely airport drop-off and pickup any charges incurred for rescheduling are the sole responsibility of the camper's parents.

For flights scheduled at other times there will be an additional \$100 pickup fee.

**Note:** Parents will be notified in the event of any travel schedule changes.

## TRANSPORTATION FROM CAMP

Campers leaving by bus will return to the Brooklyn office at approximately 3:00pm.

### Air Travelers

Campers flying home will be driven to **EWR - Newark Liberty International Airport**.

Please schedule your son's flight to depart between 4 – 6pm from **EWR** only.

We will assist all campers flying home with flight check-in.

If you have any questions, please feel free to call the office.

Parents will be notified by the camp office in the event of any travel schedule changes.

If a flight with an arrival time at EWR during this time period is not available, please call the camp office at 718-436-8255 and we will advise and assist you in finding an alternative.



## A Heritage of Happy Campers

### Camp Director

Rabbi Yitzchok Steinmetz

#### City Office

Camp L'man Achai  
4405 13th Avenue  
Brooklyn, NY 11219

Phone: (718) 436-8255

Fax: (718) 438-6636

Email: [Info@camplmanachai.com](mailto:Info@camplmanachai.com)

#### Camp Office

Camp L'man Achai  
1590 Perch Lake Road  
Andes, NY 13731

Phone: (845) 676-3996

Fax: (845) 676-4681

Email: [office@camplmanachai.com](mailto:office@camplmanachai.com)

**[camplmanachai.com](http://camplmanachai.com)**