



PARENT & CAMPER GUIDEBOOK FOR A WONDERFUL SUMMER



Everything you need to know to get ready for Camp Tawonga, including:

- **NEW Screen-Free Policy**
- Bus Departure and Return Information
- Mail, Packages and One-Way Email Information
- What to Bring and What Not to Bring
- Food Including Allergies and Dietary Restrictions
- Behavior Expectations
- Bunking Procedures
- Much More!

Please help us help your child have a safe and happy summer by reviewing this guidebook and discussing it with your child before camp.

THE FAMILY – TAWONGA PARTNERSHIP

Before you know it, you'll be sending your child off to a great summer program with Camp Tawonga. We hope to make this summer a positive experience that your child will enjoy and remember for a lifetime. Your help is essential. Whether your family is new or returning, please carefully read this guidebook, discuss its contents with your child, and save it for future reference.

Camp Tawonga's goal is to help you raise children who have a strong, positive Jewish identity and who will be caring, concerned, and committed citizens of the Jewish and secular communities. We do this by:

- Creating a loving and accepting environment in which each child feels good about him- or herself and develops, through this confidence, a greater sense of integrity.
- Modeling and teaching group living skills like cooperation, making new friends, and getting along with people (even the ones we don't particularly like).
- Using the outdoors as a classroom in which children observe firsthand the harmony and beauty of the natural world and begin to understand our role in protecting and caring for our earth.
- Sharing the language, music, customs, and traditions of Judaism in welcoming, open, and inclusive community practice and programming.

Going to summer camp is a joyous experience. It can also sometimes be challenging. Some challenges are physical, such as backpacking through Yosemite or scaling a 30-foot climbing wall at the challenge course. Others are emotional, such as learning how to share living space in a cabin with 11 campers and two staff, or collaborating to resolve conflicts as they arise. Please encourage your child to accept these challenges in a positive way, as it is often in the context of conflict that children are presented with opportunities to grow and to feel successful.

Sometimes, in spite of everyone's best efforts, children feel extremely homesick or misbehave. Most of the time, we handle these situations at camp. We use a case management model in which camper issues are discussed at a daily meeting of the Directors, Unit Heads, the Camp Therapist, and the Nurse. When needed, we will call you to seek your insight about your child or discuss drafting a behavior contract.

In most cases kids respond well to the support we provide and are able to overcome issues and grow emotionally while at camp. Occasionally a child will continue to feel homesick or misbehave and we may have to send him or her home; there are no refunds when a child's own behavior requires that they leave camp early.

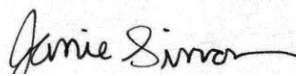
This guidebook covers these and many more topics in detail. Please read it thoroughly, discuss it with your child, and call us if you have any questions at (415) 543-2267.

We sincerely appreciate your trust. Together, we can do great things for children.


Fondly,



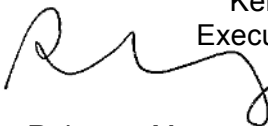
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Executive Director



Jamie Simon-Harris
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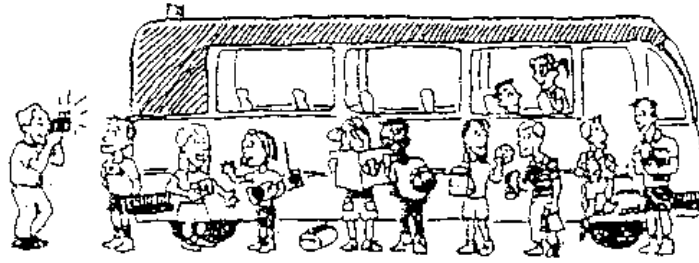


Aaron Mandel
Assistant Director

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Please keep this booklet: The information it contains is updated annually and will be useful before and throughout the summer, whether this is your family’s first summer participating in a Tawonga program or you have attended for many years. The guidebook is also available on our website at www.tawonga.org under the “Camp Forms and Resources” section. If you have any questions or concerns, call us at (415) 543-2267.



ADJUSTING TO SUMMER CAMP

Going away to summer camp includes fun, friendship, and adventure. It provides children with an opportunity to learn, grow, and feel good about themselves. However, going away to summer camp (especially for the first time) also entails adjustments for children and their parents.

PREPARING YOUR CHILD FOR CAMP

Sending your child to camp should be a family experience. Campers, parents and siblings may each feel excitement about the summer, as well as some level of nervousness and/or anxiety. These emotions are normal and healthy reactions to this transition. As the summer approaches, it can be helpful to discuss these emotions and to help prepare your camper by simulating camp experiences at home (these can range from a child completing his or her bedtime routine independently to doing a “camp out” in the living room!). Please prepare your child for camp with words of encouragement and by giving her or him an accurate impression and clear expectations of the camp experience.

The things you tell your child before he or she leaves for camp often affect how he or she adjusts to being away from home.

Here are a few helpful things to say:

- *“Tawonga knows how to contact me if they need to.”*
- *“I will be at _____ while you’re at camp and will write to you regularly.”*
- *“I love you and I’m really happy that you will be having this wonderful experience.”*
- *“I know you’ll do great at camp. It’s okay to miss me but don’t miss out on activities because of that.”*

Here are a few things that are NOT helpful to say:

- *“I’ll pick you up early if you get too homesick.”*
- *“Just try an hour/ a day/ a week and see how you like it.”*
- *“You have to go to camp because I/we need a vacation.”*
- *“You can call me anytime.”*
- *“I’ll send you a package with food.”*

If your child is feeling nervous or apprehensive about going to camp, call us at (415) 543-2267. We’re happy to help brainstorm ways to prepare your child for camp.

MISSING HOME

Coming to camp may create feelings of “homesickness.” We regard this as a normal, healthy occurrence for children, and refer to this occurrence as “missing home” to help disassociate missing home from a sickness. Staff are trained to be aware of each child’s moods and emotional adjustment. If a child is missing home, the cabin counselor will encourage him or her to talk about it and try to help the child understand that these feelings are natural. Camp staff will also make an effort to involve the camper in all camp activities. Experience tells us that within two or three days the camper will be busy having fun with newfound friends and the staff.

Some parents receive a “homesick letter” from their child within the first few days of a session. These letters may range from saying “I’m homesick, come get me” to “Camp isn’t any fun!” What should you do if this happens? First of all, don’t panic. The letter most likely was written within the first 24-48 hours of arriving at

camp. By the time you receive the letter your child has probably already adjusted to camp and is having a good time. Do write an encouraging letter right away. If you receive a second letter that sounds unhappy, call the camp office in San Francisco at (415) 543-2267; we will follow up with our staff at camp and let you know how your child is doing within 24 hours of your call during regular business hours.

MISSING YOUR CAMPER

Sometimes a child’s departure for summer camp can also produce feelings of anxiety for a parent. While campers may feel “homesick,” some parents experience “campersickness.” This is a normal part of your family’s summer camp experience. We encourage you to project confidence and excitement to your child as he or she prepares for camp, even though you may feel nervous or anticipate missing your child. Often a child’s attitude about leaving home mirrors the attitude of his or her parent. You can contribute to the success of your child at camp by encouraging the camper to have a great time. During the course of the summer, our professional staff in San Francisco is available to talk you through this, and is happy to help in any way possible.

A TYPICAL DAY AT CAMP

While at camp, cabin groups spend the majority of their day together participating in activities as a bunk (see more about our bunking procedures on page 11 of this guidebook). At any Camp Tawonga program, a typical day is structured as follows:

A Taste of Camp		Sessions II, III, and IV	
<i>Because the one-week program goes by so quickly, the counselors will determine a schedule that represents the diversity of camp activities and is age appropriate. Campers in A Taste of Camp participate in various rotations of activities to ensure that they participate in the most quintessential camp activities.*</i>		<i>Using the group-based camping model, campers in multi-week programs determine their preferred activity blocks through consensus decision-making. This gives every camper an opportunity to participate in a program s/he is interested in and an opportunity to participate in an activity s/he would otherwise not have tried.</i>	
7:15am	Rise and shine! Wake up, brush teeth, put on sunscreen and get ready for the day	7:15am	Rise and shine! Wake up, brush teeth, put on sunscreen and get ready for the day
8:00am	Breakfast followed by song session	8:00am	Breakfast followed by song session
9:15am	Sports (archery, basketball, field games)	9:30am	Activity block #1
10:15am	Pool and Lake	11:00am	Activity block #2
11:00am	Morning snack	12:30pm	Lunch
11:30am	Ruach hour (Jewish learning)	1:30pm	Rest hour
12:30pm	Lunch followed by rest hour	2:30pm	Activity block #3
2:30pm	Cabin floats (free time) with your bunk	3:45pm	Snack
3:45pm	Snack	4:00pm	Floats (free time) or Free swim
4:00pm	Free swim	6:00pm	Dinner followed by song session
6:00pm	Dinner followed by song session	7:30pm	Activity block #4
7:30pm	S’mores in the garden	8:30pm	Activity block #5
8:30pm	All-Camp Hashkiveinu (goodnight song)	9:15pm	Brush teeth, put on pajamas, recap the day and settle down for the night
8:45pm	Brush teeth, put on pajamas, recap the day and settle down for the night	10:00pm	Bedtime (this is earlier for younger campers)

*Because of program length, some elements of camp, like the adventure challenge course, overnight backpacking trips, and some two-part activities (like clay firing and painting) are not available in the Taste of Camp program.

SCHEDULING CONFLICTS

We know that balancing your family’s busy schedule can be challenging and that many campers have numerous summer commitments. Because of the nature of our programs, it is important that campers arrive on the first day of their program and depart on the last day. All of our programs are based on a group-centered philosophy, and the community building begins as soon as campers set foot on our grounds and continues through the moment that they leave. Arriving late or leaving early from a program can be disruptive not only to

the individual camper with a scheduling conflict, but also to the rest of the cabin. If you feel that your child has an extenuating circumstance that would result in your child needing to arrive late or leave early from a program, please call our office at (415) 543-2267.

MEETING WITH THE DIRECTORS

We view our relationship with parents as a partnership in creating a positive camp experience for your child. It is important that we know about any special circumstances in your child's life, even if it may not seem like it will be useful information for us. Sometimes campers reflect on current or past situations while at camp that seem to have already been resolved at home. Thus, this will assist the counselors and other staff in providing the best possible experience for your child. Sensitive issues will only be shared with the appropriate staff and never with other children. Some children adjust better to camp if they know a director. If you would like to meet with one of the directors before camp, please call the camp office and make an appointment before May 1, 2015.

AFTER-CAMP FEEDBACK

After your child returns home, you and your child will receive an evaluation survey by email. Filling this out together is a wonderful way to learn more about your child's camp experience and helps us improve our programs and our service to you and your child. If you would like to speak with a director after camp to discuss your child's experience, you may make arrangements by calling the camp office in October. Additionally, if we have suggestions for your child's participation in camp programs for the next summer—like signing up for a longer or shorter session, a teen travel or leadership program—we will contact you in the fall. Of course, you may always call us for help deciding which Tawonga program may be best for your camper.

VISITING

There is no visiting during camp. It is important for your child's sense of independence and self-reliance to have this uninterrupted time away from home. If you'd like to see camp, we offer a tour of our property on the Sunday of Memorial Day Weekend (May 24, 2015). To participate in the tour, please call the San Francisco office (415)-543-2267 at least three weeks prior to the scheduled program to RSVP.



PROGRAMMATIC NOTES

JUDAISM AT CAMP TAWONGA

It is our goal to integrate Jewish values, connection to Israel, and positive Jewish identification into the entire camp experience. Campers and staff are given the opportunity to experience the richness and diversity of Jewish culture and ritual through Shabbat celebrations, *Havdalah*, storytelling, song sessions, blessings at meals, meeting Israeli *Shlichim* (Israeli staff), and other special programs. Our camp community welcomes and encompasses a broad spectrum of Jewish identities and experiences including campers and staff from non-Jewish families. We hope children will take the values of camp with them to enrich and improve their lives at home, at school, and in their relationships.

BAR AND BAT MITZVAH STUDY

We are pleased and honored to support those campers who are practicing for their Bar or Bat Mitzvah. Please be aware that while we will help campers find time to prepare at camp, we do not provide tutoring. It is our expectation that campers, as young adults, are proactive and take responsibility for their study in the context of the support camp provides.

Group study sessions will be facilitated by staff twice weekly during rest hour. Please alert our office if your camper plans to attend these study sessions. Campers should bring their own study materials. We strongly encourage you to arrange for your child to bring paper study materials. If your camper must listen to study materials, these should be provided on a CD or a USB zip drive. We do not allow iPods at camp (please refer to our unplugged screen-free policy). If you have any questions, please contact our office at (415) 543-2267.

SWIMMING AT CAMP TAWONGA

The Babylonian Talmud teaches us that among the things a parent must do for a child is to teach him or her how to swim. At Tawonga we strive to help you in this endeavor in a way that is fun and safe. We exceed the American Camp Association's requirements for pool staff safety and employ five lifeguarding staff and many (approximately 20-25) additional staff with lifeguard training certification. Campers can expect to participate in water activities daily.

Upon arrival at camp, all campers receive an orientation to the safety rules at the pool, lake, and river. They then take a swim assessment conducted by our lifeguarding staff or can choose to limit their swimming to the shallow end of our Olympic-sized swimming pool. Safety is our number one priority and those campers who are not proficient swimmers will always be supervised in the shallow end. Our swimming program, called "Unit Swim," occurs twice per week and includes 15 minutes of game time to help campers feel comfortable in the water and 15 minutes of "free swim." Campers can also visit the pool during the floats or free swim periods. Campers swim in the Tuolumne River only during organized activity blocks. The lake is used primarily for boating.

SKINNY-DIPPING POLICY

We believe that, when approached with thoughtfulness and maturity, skinny-dipping can be a positive experience for campers. Our skinny-dipping policy was designed with an understanding that children have differing levels of comfort with their bodies. Same sex groups, including staff members, are permitted to go skinny-dipping, but only after a group discussion that emphasizes that it is an individual choice and all campers may make their own decision. Skinny-dipping must be the campers' idea and will not be suggested by staff. Additionally, one counselor and the lifeguard must keep their clothes on at all times to ensure comfort and safety. Please feel free to contact our office at (415) 543-2267 if you have any questions.

NEW: SCREEN-FREE POLICY

CAMP TAWONGA IS PROUD TO BE UNPLUGGED

Camp is a wonderful opportunity for kids to unplug from technology and develop deep relationships and communication skills without distractions. In the past we have been flexible about this policy and have found that tech gadgets compete with the immersive experience that sleep-away camp creates for the campers. In addition, devices have a way of getting lost, broken, and unfortunately, sometimes even stolen at camp.

After much thought and careful consideration, we have decided that Camp Tawonga will be screen free. Camp will be one of the few places where kids can truly unplug.

Technology interferes with our stated mission of promoting socialization between campers and instilling a love of the outdoors. In addition, it creates artificial divisions between the campers who come from families who can afford expensive technology gadgets and those who cannot.

Technology is all around us, but we strive to give campers a hiatus during the summer from staring, glassy-eyed, at screens both big and small. Their much-needed break from the world of technology is healthy and they can certainly detox from their cellphones, tablets, iPods, Kindles, game consoles and laptops for a few weeks.

Therefore, **please do not allow your child to bring electronic items to camp. This includes, but is not limited to the following: cell phones/smart phones, iPods, laptops, electronic games, DVD players, electronic readers, or cameras with internet-uploading capability.**

Music - We realize music at camp is important and is very much a part of our camp culture. Campers can bring iPod shuffles/nanos (or similar connectivity-free/screen-free music devices), CDs, guitars, headphones and a zip drive with downloaded music on it (or any music player without a screen). Every cabin will have a boom box that can accommodate CDs and zip drives. In addition, staff will share appropriate music that they have with campers. *For information about B'nai Mitzvah study and materials, please refer to page 6 of this guidebook.

Books - We are expanding our library of books that campers can borrow. We also highly encourage campers to bring their own paperback books, as well. Please do not bring e-readers.

Cameras – Campers may bring disposable cameras, Polaroid, and/or digital cameras without Internet capability. Phones or other devices with connectivity are not permitted at camp and cannot be used as cameras; there will be no exceptions.

We take this policy seriously and expect our campers to follow these guidelines. If campers bring devices with them to camp that are not allowed, **we will take them away**. They will be returned to campers after they return to the Bay Area at the Treasure Island bus drop-off.

We look forward to welcoming your child this summer and know this new policy will allow your child to enjoy deeper friendships, more meaningful connections to nature, and increased time for self-reflection. Thank you in advance for your support. If you have questions, please give us a call at our San Francisco office, (415) 543-2267.

COMMUNICATION DURING CAMP

Every day at Tawonga we see the personal growth that results from campers making a healthy separation from their day-to-day lives. This informs many of our practices, including working to truly “unplug” campers during their time at camp. Absent the instant accessibility of technology, campers focus on personal growth, relationships with others, and the beauty of the natural world.

TELEPHONES

If you have any questions during your child’s stay at camp, please call the camp office in San Francisco at (415) 543-2267. Our office is open Monday through Friday from 9am-5pm and our staff members check messages periodically over the weekends in the summer. Direct phone contact with children at camp can disrupt the child’s camp experience and may prolong homesickness for your child or other children in the cabin. Our San Francisco staff is in direct contact with the directors at camp and will have, or will be able to easily obtain, the information you are looking for. Our San Francisco staff is happy to speak with you about your child’s experience, and will follow up with you within 24 hours of your call within normal business hours.

CELL PHONES

Cell phones are not allowed at camp, even for the bus ride. There is no cell phone reception at camp and no need for cell phones; camp staff will always have a way to get in touch with you, should the need arise. For these reasons, as well as the likelihood that phones will get lost or broken, we ask that campers do not bring cell phones with them to camp. **We do not allow cell phones at camp, even if in airplane mode, or when used solely for alarm clock, music player, or as a camera.** If your child does bring a phone to camp, our staff will confiscate it and will return it at the end of the bus ride home. We know that not having direct contact with your child while he or she is at camp can be challenging. However, it is this healthy separation that contributes to your child’s success at camp. Please help us by not allowing your child to bring a cell phone to camp.

SMS TEXTING SERVICES

Camp Tawonga uses a one-way text messaging service provided through a third party vendor called One Call Now to send SMS text messages on the first and last day of a session related to transportation information, and in the event of an emergency during which we would need to provide information quickly to our

community. We are committed to using this service only when necessary and do not send extraneous text messages during the year. By signing the required Authorization and Release Form, you are consenting to allow us to send you these limited text messages.

BLOG, TWITTER & FACEBOOK

Camp Tawonga keeps an online blog of happenings at camp. It is updated regularly with a summary of a particular activity at camp, as well as pictures from that activity. The blog is designed to give parents a general sense of what's going on at camp and to represent a diversity of the campers in any given program and the activities they are doing. However, the blog is not designed to represent every camper in camp and therefore we cannot guarantee that your child will appear in the photos. Given the nature of a typical day at camp, and our internet capability/speed, blogs will typically be loaded in the evening.

The blog is a great way to welcome your friends and family members into the magic of Camp Tawonga. We recommend you bookmark the website: <http://tawonga.org/connect-share/tawongas-blog/>.

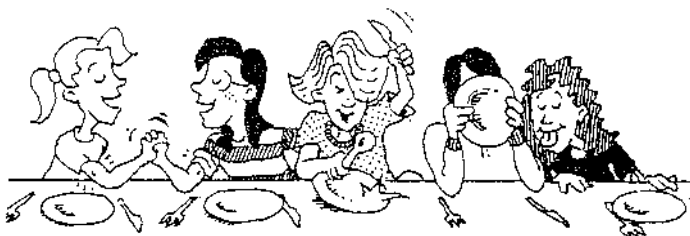
Please also follow us on Twitter and Facebook! These will be updated regularly and are another great way to get information on the happenings at camp.

These can be found at: www.twitter.com/tawonga & www.facebook.com/camptawonga

FOOD & CANTEEN

Food

At Tawonga, our motto is "Food is King" and we do our best to provide plenty of food for everyone including vegetarians, vegans, gluten-intolerant campers, and people with other food allergies. Please fill out your campers dietary allergies and restrictions in our online forms if your child has an allergy or intolerance that should be accommodated. Whether at camp or on the road, our food is "kosher-style," meaning we never mix meat or dairy, nor do we buy or serve non-kosher foods such as pork or shellfish. However, we do not have a kosher kitchen, and do not serve exclusively kosher meat and chicken (except at Shabbat dinner). Our meals often incorporate lessons on sustainability and waste, and sometimes use produce from our organic garden. If you would like to discuss food concerns in detail, please call our office at (415) 543-2267.



A NOTE ON NUTS

We recognize that the needs of our camper community are continually evolving, particularly in the area of allergies and dietary needs. At the forefront of this is the increase in campers with severe nut allergies. We make every effort to be "nut aware" by not introducing nut products into our kitchen, not cooking with nuts, and reading labels carefully. Additionally, we ask that campers and program participants refrain from bringing nut products into camp or on the bus. However, we cannot guarantee that items have not been exposed to cross-contamination prior to arriving on our site and are therefore not a 100% nut-free environment. If your child has a severe nut allergy, please call our office to speak with a director.

CANTEEN

Your child does not need pocket money while at camp. Camp Tawonga has a canteen where campers can purchase Camp Tawonga songbooks, Camp Tawonga T-shirts and sweatshirts, soap, toothpaste, snacks, disposable cameras, combs, stamps, postcards, flashlights, batteries, and so forth. A \$60 canteen deposit is included in your camp bill. Campers can purchase items from the canteen one to two times a week and may only purchase one food item per order.

Most children find their canteen deposit more than sufficient for all of their canteen purchases. However, you do have the option to add additional funds to your \$60 deposit. To do this, please log into your CampInTouch account, scroll to the “Your Family” section and click on the “View Camp Canteen” link. You will be able to add funds and see transactions made by your camper. You will be able to add to the account before camp or during your child’s session. Any unspent balance from your \$60 canteen deposit will be donated to the Tawonga Campership Fund. If you would prefer to request a refund of the unspent balance, please contact finance@tawonga.org by September 15, 2015. Teen Questers do not have a canteen and will **NOT** be billed for a canteen deposit.

We encourage you to use our online canteen to purchase clothing for the entire family or the Camp Tawonga songbook, especially if you’d like your child to have it before attending camp. Please access the canteen through our homepage at www.tawonga.org. **Be sure to label these (and all) items with your child’s full name.**

LETTERS FROM HOME

It is important for both children and parents to receive letters. We will encourage your child to write home, but they will probably be thinking about hiking, swimming, and their burgeoning friendships and not necessarily about writing. We set aside time most days when campers can choose to write home, but only require one letter, written during a “Postcard Party” in the first few days at camp.

ONE-WAY EMAIL COMMUNICATIONS

Based on feedback from parents and evolving industry standards, Tawonga utilizes one-way email capabilities for parents and loved ones to send messages to campers. These messages can be sent through your CampInTouch account (same as where you registered and completed camper forms). Emails are sent using electronic “CampStamps,” which are available for purchase within your account. There are various email packages and add-ons (such as stationery, games and photo capabilities) available, as well. Emails will be printed daily at 10:00 AM, except for on the first or last day of a session, or on Shabbat. The emails will be distributed into each bunk’s mailbox for distribution by the counselors.

SNAIL MAIL

It is essential that your child receive letters from you while at camp. It is very disappointing for campers to not receive any mail, especially when their friends do. Please write as soon as your child leaves for camp and continue writing 1-3 times each week. Some parents even send letters before their child leaves home. **However, please do not send mail in the last three days of any program, since it will not arrive in time for your child to receive it.**

Tawonga campers do not have access to computers while at camp and do not use email; they will be able to mail letters via regular USPS service. Therefore, we encourage parents to continue to use snail mail (instead or in addition to one-way email communications) to be in touch with campers. This way both parents and kids are writing to one another, and kids can experience the joy of receiving letters in the mail -- something we experience less and less frequently in this day and age. We encourage campers to write regularly -- though, not hearing from a camper often means he or she is too busy having fun to write!

Mail is distributed to campers most days at camp. Mail is not delivered on Shabbat or while campers are on their backpacking trips. Please note that mail can sometimes take a bit longer than expected to arrive at camp. We cannot guarantee delivery of mail or packages on a particular day.

To make it easier for your child to write back to you, especially for younger campers, send along postcards and envelopes that are pre-stamped and pre-addressed. Your child can also buy postcards and stamps from the canteen.

The mailing address at camp will be sent to you ten days before the start of your program as a part of

your transportation information packet. Mail locations for Quest and TSL trips are listed in specific trip itineraries.



CARE PACKAGES

Camp is an opportunity for campers to escape from their regular lives, including from excessive material possessions and consumerism. Similarly, camp is an opportunity for parents to engage in a healthy separation from their children absent the need to purchase toys and trinkets. In general, we discourage you from sending care packages to campers. Packages often contain items that create clutter in the cabin and litter around camp, both of which take away the natural beauty of our surroundings. Additionally, packages can create unnecessary competition among campers for who has the “best” package and contribute to feelings of inequity among campers. For these reasons, it is not necessary to send packages to your child. Believe it or not, an old-fashioned letter is often the most treasured gift received by children in the camp setting. We encourage you to write letters to your child frequently, taking into account that it can take 3-5 days for mail to arrive in a bunk’s mailbox.

If you do decide to mail a care package, please DO NOT SEND FOOD OR CANDY TO CAMP. Food sent in care packages will not be distributed to children. Your child gets plenty of wholesome, tasty food at Camp Tawonga. Food from home, whether sent in care packages or brought to camp in luggage, tends to ruin children’s appetites and attract bugs and animals into the bunk.

All care packages that are received at camp will be opened by the camper in the presence of his or her unit head. Any food items will be used in camp programming or discarded.

If you do send a care package, it CAN contain books, games, puzzles, stuffed animals, sunglasses, and other non-food items. It can be fun to send games or prizes that all members of the bunk can have (i.e. pencils, stickers, etc.). Please inform grandparents and other loving family and friends of this policy as well. Packages are usually distributed one to two times per week. We cannot guarantee a package delivery on a given day.

CABIN GROUPING

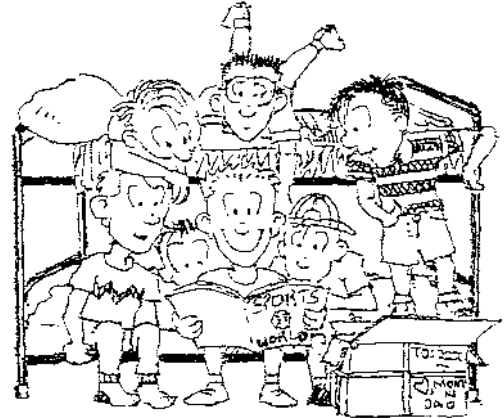
PREPARING FOR THE BUNK EXPERIENCE

At Tawonga we know that children have wonderful experiences at camp in large part because of the community formed in a Camp Tawonga bunk. We also know that any bunk is capable of having an outstanding session, as long as the campers and staff within it bring enthusiasm and positivity to the experience. Of course, living with a group of people comes with challenges as well as fun, excitement, and friendship.

We encourage campers to reach out to one another: new campers to extend themselves and returning campers to be welcoming. We also encourage them to remember that every good friend was once a stranger and that great friendships begin with a single meeting. You can help us help campers have a wonderful bunk experience by:

- Encouraging them to welcome new campers into their bunk.
- Encouraging them to take the opportunity to make new friends and create a comfortable, accepting environment for all campers.
- Helping them to manage their disappointment if they're not in a bunk with all their friends.
- Helping them to understand that they can have a great summer, no matter which specific bunk number or unit name they are assigned.

We encourage you to talk to your child about the bunk experience before he or she comes to camp. Let him or her know that living in a bunk is like sharing a bedroom with up to 11 friends. It's all the fun and excitement of an endless slumber party, along with the joy of making new best friends and learning to get along with different types of kids. It is a perfect opportunity to leave old habits at home and learn new skills that will come in handy throughout life: making new friends, tolerating people's differences, showing respect to others, cooperating with a whole group of kids, and being a leader.



BUNKING REQUESTS

Each child can request up to three campers with whom they wish to bunk. We make every effort to honor at least **one** of these requests, if received no fewer than 10 business days prior to the session. If for some reason we cannot grant any of your child's bunkmate requests, we will call you before your session begins. Please list the camper(s) with whom your child wishes to bunk in numbered priority order.

Sometimes parents are concerned about their child being bunked with a child with whom there is some history of difficulty and will be tempted to make a "negative" bunkmate request. We do not accept these requests for a few reasons:

- We know that sometimes children in a school or religious school environment can behave differently than they might in a camp setting and have found that often children with clashes in these environments do well together when at camp.
- We want to assume positive intent in campers, and provide children with an opportunity to have a clean slate at home, absent of issues from home.
- Because we do everything we can to honor at least one of every child's requests of those with whom they'd like to bunk, we cannot take away the request of another camper in order to appease a "negative" request. We understand that this can pose a challenge and encourage you to call us if you anticipate this being the case.

We encourage you to resolve these situations prior to the start of camp. If this is not possible, give us a call and we can talk it through with you. We cannot guarantee that the children will be placed in separate bunks, but we will work with you and your child to ensure a fun and happy time at camp.

CABIN GROUP ASSIGNMENTS

Camp Tawonga's directors make all cabin group assignments. We take into consideration several factors including campers' grade, age, requests for bunkmates, and school, while also maintaining a balance of new and returning kids and respecting the suggestions of counselors from the previous year. We do our best to make sure all kids in a given bunk are within a two-grade spread (e.g. 6th with 7th graders, but not 5th with 7th graders). Boys are assigned to numerical bunks with the prefix "B" and girls are assigned to numerical bunks with the prefix "G." Typically two boy bunks and two girl bunks are grouped into a "unit" with similarly aged campers. Because we register campers on a first come, first served basis, we do not have quotas for each age group, resulting in some units having boys and girls of different ages. There is no set age or grade requirement for each unit, but rather assigned based on the overall number of kids in camp. However, we do our best to coordinate activities for bunks and units of similar ages. Below are the names of our units, and the related numerical bunks:

- Carmel: Boys' and Girls' bunks numbered 1 and 2
- Galil: Boys' and Girls' bunks numbered 3 and 4

- Eilat: Boys' and Girls' bunks numbered 5 and 6
- Haifa: Boys' and Girls' bunks numbered 7 and 8
- Chalutzim: Boys' and Girl's bunks numbered 9 and 10

Cabin group assignments are announced at camp. As soon as buses arrive at camp, boys and girls will gather separately and bunk lists will be read. Our professional staff can immediately address any issues that arise. We will send an email to parents on the first Monday of the session with your child's bunk number.

Rosters of the kids attending the upcoming session are sent to participants ten days prior to the start of camp. We encourage you to take a look at the roster to find other campers in your region and perhaps make a friend before your session begins.

HEALTH AND MEDICAL INFORMATION

INFIRMARY (HEALTH CENTER)

Our fully equipped infirmary is staffed 24 hours a day. Our summer infirmary staff includes an infirmary director (typically an RN or equivalent), a volunteer physician, and two medical assistants with either Wilderness First Responder or Emergency Medical Technician certification. Most of what we do at camp falls within the category of first aid, including splinters, scraped knees, mosquito bites, etc. If your child should become ill at camp, he or she will be evaluated by our staff and the appropriate treatment will be given. **If your child needs medical assistance beyond basic first aid, such as an overnight stay in the infirmary, a trip to the hospital for treatment, or a prescription for antibiotics, the medical staff will call to inform you as soon as possible, sometimes not until the following morning.** If your child requires hospital care while at camp, our camper medical insurance will cover expenses up to the policy limit. Your insurance will pay the rest.

CAMPER HEALTH

We help campers to:

- **Stay hydrated**
- **Maintain good hygiene**
- **Wash hands before all meals**
- **Wear sunblock and a hat**
- **Always wear shoes**

PREVENTING AND TREATING HEAD LICE

Please help us keep campers healthy by checking your child for lice the day before the start of camp and treating as necessary. If you do find nits or lice in your child's hair, please treat it and inform us immediately to prevent the spread of lice. As a preventative measure, each camper is checked for head lice on the first day of the session. If we do find lice on a camper, we will treat it accordingly and do routine follow-up treatments to prevent its spread.

CAMP THERAPIST

Camp Tawonga employs a caseworker or therapist who consults with staff on how to help children achieve success while at camp. A few children will meet with the camp therapist during their stay at camp if we think it will help them have a more positive experience. If your child is seeing a mental health professional at home, it is helpful for the staff to know the reasons for treatment, medications used, and to have the name and phone number of the treating therapist. Privacy will be strictly maintained by Tawonga and this information will only be shared with the appropriate staff to ensure your child's safety and success at camp. If you have any questions regarding the camp therapist please contact the San Francisco office before your child attends camp.

HEALTH FORMS

Medical forms signed by a parent AND doctor are required for every child attending camp. Medical information to be filled out by a parent is included in our online forms. We require a physician medical form and immunization history be sent to our office (available for download on our website).

A medical examination is required within the 12 months prior to camp, or in the six months prior to camp if your child has been sick. We understand that appointment times are difficult to negotiate with

doctors. Please call your healthcare provider right away for an appointment and keep us informed of when we can expect your medical form. We MUST receive all medical information a minimum of 10 business days prior to the start of your child's session.

VACCINATIONS

Every child must have current, up-to-date polio series, measles, mumps, rubella, and tetanus toxoid vaccinations to attend Tawonga. A negative TB test within the past 24 months is also strongly recommended. **If your child has not been vaccinated, please contact our San Francisco office to speak with a director.**

GLASSES

If your child wears glasses or contacts, it is very important that you send an extra pair and your child's prescription to camp. It is difficult to enjoy camp if there is a long delay in replacing broken glasses or lost lenses. Camp is dusty and rustic, so we do not recommend contact lenses unless your child is very comfortable with them.

BED WETTING

Each child develops at their own pace, and we know that for some campers bed wetting can be a challenge. We handle bed wetting sensitively and confidentially, with an individualized proactive pull-up plan that allows campers to feel comfortable while at camp. Typically, we implement a plan that includes having an extra sleeping bag in a cabin for sporadic bed wetting, and a pull-up plan for campers who wet the bed nightly. If your child needs a bed wetting plan to be put into place, please call our office at (415) 543-2267 and speak with a director.

MEDICATIONS

All medications will be kept in the Infirmary so that our medical staff may dispense them and keep a record of their use. For the purposes of Camp Tawonga, medications include prescriptions, over the counter medications, vitamins, herbal remedies, supplements, and homeopathic preparations. Campers may not store or administer their own medicine, except for children with a history of asthma, who may keep an inhaler with them, children with anaphylactic allergies, who may keep an EpiPen for emergency use, and children with diabetes who may keep some supplies with them.

Any medication that your child will be taking regularly during camp must be ordered in advance through CampRx. This includes prescription medications as well as over-the-counter medications that are taken routinely, vitamins, creams and ointments and homeopathic remedies. CampRx is a division of DirectRx pharmacy, a family-owned Pharmacy that has been in business for more than 20 years.

NEW THIS YEAR: In order to make this process as easy and cost-effective for families as possible, Camp Tawonga will cover the cost of registering with CampRx (saving families \$15-\$30 per child), and families will be responsible for covering co-pays and late fees if applicable.

CampRx will package each child's medications in a customized, portable, watertight CampRx EasyPak, which will be delivered to Camp Tawonga before he or she arrives. This guarantees accurate, timely dosing and dispensing of your camper's medications while they are away from home this summer.

If your child takes prescription medication and you have Kaiser insurance, please email info@campRx.com before registering with CampRx.com. In your email, include the medication(s) that your child takes, that s/he is a camper at Camp Tawonga, and that you are a Kaiser subscriber. CampRx will reply to your email letting you know how to proceed.

EXCEPTIONS – Medications you do not need to order through CampRx:

- a) **Emergency and refrigerated medications can travel with your camper on the bus:** e.g. albuterol inhalers, epi-pens, emergency migraine or seizure medication that must be with the camper at all times, insulin and diabetes supplies, and injectable growth hormone. Check these medications in with staff at drop-off. Please ensure that these medications are properly labeled in their original packaging and are not past their expiration date.

- b) **If your camper only occasionally takes over-the-counter items such as Advil, Tylenol, Benadryl, etc. there is no need to order these as Tawonga stocks them.** If the need for antibiotics were to arise during camp, our doctor would write a prescription and call the parents to keep them informed.
- c) **Accutane and birth control pills:** Check these medications in with staff at drop-off. Please ensure that these medications are properly labeled by your health care provider and are not past their expiration date.

If you have any questions about whether your child's medication needs to be ordered through CampRx, please contact Ashley Costello at ashley@tawonga.org or 415-543-2267.

To register with CampRx, visit www.campRx.com. Then click the **Login** button on the top of the page and follow the **Parent Registration** link. Once you have entered all of your camper(s)' basic information, print the order confirmation page and mail it with the hard copy of your prescription to:

CampRx
1179 Maplelawn Drive
Troy, MI 48084

Please keep in mind that all medication information needs to be submitted 30 days before your camper(s)' session in order to avoid incurring a late fee of \$30 or more. CampRx also provides a service where they can contact your child's physician and obtain the prescriptions for you for a small additional fee. See their website for more details.

Children are very active at camp, which causes changes in rates of absorption for some medications. Additionally, Camp Tawonga's elevation is 3800 feet and temperatures can rise to 100°F. Please consult with your doctor about adapting medications to meet these conditions. Be sure to discuss possible side effects caused by heat, exertion, sweating, etc. Your physician can call us if she or he has questions.

Summer camp is not the place to take a "med vacation"—children taking medications that help them focus will succeed much more easily if they continue use during a session at Tawonga.

A NOTE ABOUT CAMPER FORMS

All camper forms will be available in early March through our Camp-in-Touch system on our website at tawonga.campintouch.com. When you log in to your account, click on the "Forms and Documents" button to find a list of forms for each individual attending camp. With the exception of the required physician form (which can be emailed, faxed or mailed to our office), all forms can be completed online in your account. **All forms must be submitted by April 1, 2015.** If you need help navigating the forms process or have any questions please contact our office at (415) 543-2267 or email registrar@tawonga.org.

WORKING TOGETHER: SPECIFIC BEHAVIOR EXPECTATIONS

CONTRACTS FOR GOOD BEHAVIOR

Life at camp is socially demanding. Each group of twelve campers and two staff lives in a single cabin, eats meals as a group, backpacks as a group, and shares the vast majority of their programming time together. This requires cooperation, sharing, patience, and respect. In addition, our standards of ethical behavior are very high; we do not tolerate abusive or exclusionary behaviors of any kind, physical or verbal.

These expectations may present a challenge for some children. When a child's behavior is problematic and she or he does not respond to interventions by bunk staff, we institute higher level interventions that include a meeting with a unit head, therapist, or director.

One of our tools is a "contract," which is a private, written agreement with the camper. Contracts include camper promises, such as things "I will do" and things "I won't do," with consequences for each. In addition, staff (including counselors, unit heads, or directors) may add promises of their own about supporting the

camper. Parents are notified when a contract includes the possibility of being sent home. Once the contract has been written and agreed to by the child and staff involved, it is expected that the camper will follow it and all staff involved will support the camper's efforts in every way possible.

Every winter, the professional staff of camp reviews the experiences of the prior summer and identifies children whose behavior needs attention. If your child is among these campers, we will call you and schedule a time to discuss any issues with you and your child. The result could be a contract for the following summer. In some cases, Camp Tawonga is not the right place for a child who may be better suited to a less socially demanding camp.

The Tawonga staff is committed to providing safe, fun, and meaningful experiences for children. We look forward to working together with you to make this a reality.

DRUGS INCLUDING ALCOHOL

Alcohol and other drugs may not be possessed or used during any Camp Tawonga program. The consequence for use or possession will be an immediate send-home from any camp program, regardless of time of day or inconvenience to a camper's family. There will not be any refund given for time missed.

Additionally, cigarettes are considered dangerous at camp. They endanger health, and they pose an immediate danger of fire. No camper may possess any smoke-able substance, matches, or lighters. Consequences for use or possession of these items range from a behavior contract and parent phone call to being sent home.

SNEAKING OUT

Sneaking out is not safe and therefore not permitted. Sneaking out is when campers leave cabins at night and go somewhere else, such as the boys to the girls' side of camp or vice versa. For some, it is a playful way to test authority at camp. For others, it's a way to rendezvous with a boyfriend or girlfriend.

Whatever the motivation, sneaking out is unsafe behavior and therefore not allowed. Running through the dark at camp is unsafe, especially if it's done without flashlights or supervision. We are also concerned about other campers' sense of security, considering what it may feel like to be a child asleep in a bunk at camp when kids from other bunks enter the cabin. Kids today can have a heightened sense of anxiety about personal safety and we strive to keep Camp Tawonga free from such anxieties.

Please explain this policy to your child before she or he comes to camp. We want campers to understand that this rule is for both their own physical safety and the emotional safety of everyone at Tawonga. They will hear the same thing from us at camp, plus we will explain that if someone cannot live within this limit, we may have to send him or her home (with no refund). As a way of communicating to kids how seriously we take the issue of safety, we may have your child call you – even in the middle of the night – if he or she is found sneaking out.

PHOTOS

Every camper (except Questers and TSL participants) will receive a digital unit photo at the end of camp. Please note that camp often takes photos of campers in connection with advertising and promotion such as our brochure, blog or website. Once in a while, photos taken at camp are used by the camp-approved photographer in his or her personal portfolio. By signing the required Authorization and Release Form, you are giving us permission to use those photos.

Campers and counselors live in close quarters; we prohibit children and staff from photographing each other during inappropriate times, such as while changing clothes or showering. While this has not been a problem at Tawonga, this guideline is becoming standard practice for camps across the country in an effort to protect everyone's feelings and privacy. In this age of digital cameras and web postings, it is essential that the standards of respect upheld during Tawonga programs are continued throughout the year. **Therefore, it is our expectation that any pictures posted by campers on the internet (including on social networking sites such as Facebook, Instagram, and Twitter) positively reflect the values and mission of Camp Tawonga,**

and that all individuals included in the photograph(s) are aware of and comfortable with the photos posted.

HOW WE DEAL WITH RELATIONSHIPS AND SEXUALITY AT TAWONGA

OUR PHILOSOPHY

Camp Tawonga is a place for campers to grow, learn, explore their own capabilities, and create relationships with others. However, Tawonga programs are not a place to be sexually active, regardless of what is done at home.

When we talk about sexuality, it is in the context of creating an emotionally safe environment and building caring and nurturing relationships. We want kids to get a break from the sexual pressures they are exposed to through movies, school, TV, music, the internet, and advertisements. We give them a chance to be kids in a way that is responsible, but not prematurely adult. Almost all kids are actually relieved to be given this clear and enforceable limit. Older campers are told that the limit on their behavior is “hugging and kissing with all clothes on,” which we call HAKWACO.

We work to diffuse and de-mystify the sexualization that is so prevalent in today’s culture. On the second night of camp, boys and girls go to separate campfire programs with staff of the same gender. They participate in discussions on appropriate behavior at camp and how to avoid gender-based stereotyping. We help kids feel relaxed with their bodies in a comfortable and natural way by living as a group in cabins and using dorm-style central bathrooms. All of these experiences, when supervised by trained and sensitive staff, help children to grow up with the kind of high self-esteem that leads to responsible decision making when they return to their homes and schools.

RELATIONSHIPS BETWEEN CAMPERS

In the older units, campers are taught the HAKWACO limitation of behavior as explained above. We teach all campers to respect each other in the way they talk to each other and the way they talk **about** each other. We do not tolerate children harassing each other with sexual innuendo, put-downs like “you’re so gay,” or unwanted come-ons. We want to promote caring and nurturing between individual campers, while maintaining a focus on building the group.

THE THICK BLACK LINE BETWEEN CAMPERS AND STAFF

Every staff person and camper at Tawonga is told that there is a “Thick Black Line” that separates all staff from all campers (even the 18-year-old staff and the 17-year-old camper). It is not gray or fuzzy and it is strictly enforced. This means that no romantic or sexual words, acts, or even suggestions can occur between them. If a staff person were to cross this line, they would be dismissed immediately and never be eligible for re-hire. If a camper were to make advances or suggestions toward a staff person, they would be directed to stop, taught why the behavior is inappropriate, put on a behavior contract, and possibly sent home.

CAMP TAWONGA DEPARTURES AND RETURNS

Based on feedback we’ve received from families, and the continued challenge of finding parking lot spaces large enough to accommodate us in various “corners” of the bay, we switched in 2014 to a single departure and return location in the Bay Area. **Campers departing from or returning to the Bay Area get on and off the buses at our bus stop on Treasure Island.** Campers may also get on/off the bus at Dorada Park in Oakdale. The bus ride is a quintessential part of the camp experience, and typically about 95% of campers ride the bus to and from camp. However, you can also opt to drive your child to

camp or pick your child up from camp. Please note that Teen Quests and TSL trips have only one departure and return location. If your child is traveling by airplane from outside of the Bay Area, please call our office to learn more about coordinated airport pick-ups.

You will receive detailed information and directions to bus locations ten days before your child's session. Bus departure and arrival times are subject to change; please call the bus hotline at (415) 543-0234 on the day of travel for timing updates. Only a legal parent or guardian may pick up a camper, unless you send written instructions and consent in advance. **We require a photo ID and signature (must match individual listed) for each camper pick-up.**

Please remember to:

Bring a bag lunch: Each child needs a bag lunch for the bus ride to camp. We will stop to eat lunch midway to camp at Dorada Park in Oakdale. **Please note:** With an increase in the prevalence of severe nut allergies, including those that are airborne, the national trend in schools and summer camps is to make campuses "nut-free." Out of respect for campers and staff with these allergies, **please refrain from packing nut products in your child's lunch** (including peanut butter or other items containing nuts). Do not pack glass bottles or containers.

Be on time for check-in and pick-up: It is **absolutely essential** that campers arrive on time to check-in for departures. The bus cannot wait for late arrivals. Please call at least one hour before check-in if your child is going to miss the bus. The emergency number, used only on the Sunday morning of departure, is (415) 518- 4262. **It is also essential that you be on time to pick your child up at the end of the session.**

Programs	Bay Area: Treasure Island	Oakdale: Dorada Park	Camp Tawonga
A Taste of Camp: Sun. June 14 – Fri. June 19 Session II: Sun. June 21 – Fri. July 3 CIT & SIT: Sun. June 14 – Fri. July 3	Check-in 10:00 AM	Check-in 1:00 PM	Check-in 3:00 PM
Session III: Sun. July 5 – Fri. July 24 Session IV: Sun. July 26 – Tues. August 11	Bus Arrival Window 2:15-2:45 PM	Pick-up 12:00 PM	Pick-up 9:00 AM

FOR QUEST DEPARTURE AND RETURN INFO, PLEASE CONSULT THE QUEST GUIDEBOOK

WHAT NOT TO BRING

Please do NOT allow your child to bring the following items to camp:

- Cell phones
- TVs
- DVD players
- Video games
- iPod speakers
- Walkie talkies
- Boomboxes
- Wireless internet devices
- Items that may cause harm or endanger campers
- Computers, Kindles & Tablets
- Valuables whose loss would be upsetting (such as expensive cameras, jewelry or electronics)
- Pocket knives
- Lighters
- Pornography
- Matches
- Fireworks
- Cigarettes and tobacco products
- Drugs
- Alcohol

Camp is not the place for expensive electronic equipment. Such items tend to get lost, dirty, or broken, and their use is prohibited. Rather, consider camp an opportunity for children to wean themselves from electronics. If any of the above items are brought to camp, they may be confiscated by the staff. We are not responsible for loss or damage and camp will not replace campers' personal belongings in either instance.

WHAT TO BRING

A packing list detailing the items to bring to Camp is located on page 21 of this guidebook.

LUGGAGE

Luggage should be limited to bedding and a suitcase or a duffel bag. Each bag should be enclosed, tied securely, and labeled clearly (bag and contents). **Please do not use footlockers or trunks**; they do not fit under the beds. Cabins can get overcrowded with luggage; please send only what your child needs (see packing list on last page).

BEDDING

Camp does not provide bedding or linens. For use in cabins, all campers should bring their own twin fitted sheet and sleeping bag or sheets and blankets, plus a pillow and pillowcase. Campers who bring sleeping bags may also want a top sheet for warmer nights. For backpacking trips, campers attending multi-week sessions will need a lightweight, compactable sleeping bag that fits in a stuff sack, rated for 20°F or less. Most campers use this same sleeping bag in their cabins. **An indoor “sleepover” bag is not warm enough for camp.**

CLOTHING

Campers and staff dress informally at Tawonga. **Bring clothes that are comfortable and expendable.** We discourage designer clothes for three reasons: 1) camp is rustic and your child will be active, 2) camp can be a nice break from the urban pressure of dressing-up, and 3) clothes are easily lost or ruined at camp. There will be only one or two dress-up occasions, such as Shabbat, for which some campers like to bring nicer outfits. During sessions II, III and IV, all campers go on an overnight backpacking trip; warmer clothes such as a fleece jacket, hat, and a raincoat are essential. We encourage you to include your child in the packing process for camp so he or she is familiar with the items you’re sending. This helps alleviate lost items.

LAUNDRY

Laundry is done once during session II and twice during sessions III and IV. Laundry will NOT be done during the one-week session, except in extenuating circumstances. Each cabin group's laundry is done together, so there is always the chance of colors mixing accidentally. Please send clothing that is labeled and can survive such treatment. Please see that each article is **marked clearly with the camper’s full name** in laundry-marking pens or nametapes. Unlabeled articles or those with first names only are often lost and not recovered. Order forms for nametapes are available at www.bestnametape.com.

LOST AND FOUND

Camp Tawonga cannot assume responsibility for lost or damaged items. Although we make every effort to help the campers be conscious of their belongings, things get lost. **Only articles that are clearly labeled with the camper’s FIRST & LAST name will be brought back to the office in San Francisco.** Articles with a camper’s initials, or with just the first or last name are difficult to return. **Here are examples for labeling your camper’s clothing:**

Examples of how NOT to label clothing:

- Sam
- Schwartz
- S.S.
- S. Schwartz

Example of how to correctly label clothing:

- Sam Schwartz

We recommend using a laundry-safe permanent marker or iron-on labels (order forms for nametapes are available at www.bestnametape.com). We will send an email notification to you of any labeled lost item we find in the Lost and Found. Please allow three weeks after each session to receive notification of your lost item. Unclaimed items and articles left in the office after one month will be donated to charitable organizations. While we make every effort to return lost items to their owner, Camp Tawonga cannot assume responsibility for lost items.

THANK YOU

We greatly appreciate the time you took to review this guidebook and discuss it with your child. Your effort and preparation will help make this summer a shining success! If you have any questions as the summer approaches, please do not hesitate to contact us in the San Francisco office at (415) 543-2267 or info@tawonga.org. We would be happy to help.

Thank you for choosing Camp Tawonga for your child. We are looking forward to a wonderful summer and are thrilled to have your family be a part of the Tawonga community!

PACKING LIST

The following clothing and equipment list is for your guidance. The list is arranged by length of session – please select the column that corresponds with your child’s session. From experience, we have found that children generally need no more than what is listed below. If we find that your camper has forgotten something, we will call you. **Again, please do not bring valuables or any electronic devices with a screen to camp (see our Screen-Free policy on page 7)**

✓	Clothing	1 week	2 weeks	2 ½ or 3 weeks
	Nice shirts, dresses, pants (for Shabbat)	0	1	2
	Sneakers	1 pair	2 pairs	2 pairs
	Hiking boots- broken in before camp to avoid	<i>1 pair (opt)</i>	1 pair	1 pair
	Socks	6-8 pairs	8-10 pairs	10-12 pairs
	Underwear	6-8 pairs	8-10 pairs	10-12 pairs
	Short sleeve shirts/tank tops	4	5	7
	Long sleeve shirts	1	2	3
	Jeans/long pants	2	3	3
	Pajamas	1	2	2
	Shorts	2	3	4
	Bathing suit	1	2	2
	Sweater/sweatshirt	1	1	2
	Warm jacket	1	1	1
	Hat with brim	1	1	1
	Warm hat	1	1	1
	<i>Swimming goggles (optional)</i>	1	1	1
	<i>Sturdy/outdoor sandals and flip flops (optional)</i>	1 pair	1 pair	1 pair
	<i>Bathrobe (optional)</i>	1	1	1
	<i>White shirt for tie dye</i>	0	1	1
✓	Bedding			
	Pillow	1	1	1
	Fitted sheet and sleeping bag (rated at 20° F) or sheets and blanket	1	1	1
	<i>Flannel/fleece sleeping bag liner (optional—for extra warmth)</i>	0	1	1
✓	Backpacking/Day hiking			
	Quart-sized water bottle	2	2	2
	Set of plastic fork, spoon, plate and bowl	0	1	1
	Daypack (school backpack, without wheels)	1	1	1
	Insulated sleeping pad	0	1	1
	Rain jacket or poncho	1	1	1
	Fleece sweatshirt or jacket (not cotton)	0	1	1
	Thin wool socks (hiking socks)	1 pair	1 pair	2 pairs
✓	Other Important Items			
	Laundry bag (with child’s name)	1	1	1
	Bath and swim towels	2	2	3
	Wash cloth	1	2	2
	Toothbrush and toothpaste	1	1	1
	Soap/shampoo	1	1	1
	Comb/brush	1	1	1
	Toiletry bag or basket	1	1	1
	Flashlight or headlamp, and extra batteries	1	1	1
	Sunscreen and lip protection (SPF 30 or higher)	1	1	1
	Extra glasses and prescription (<i>for children who wear them</i>)	1 pair	1 pair	1 pair
	Bug repellent	1	1	1
	<i>Notebook and pens (optional)</i>			
	<i>Pre-stamped and addressed envelopes (Optional)</i>			
	<i>Stuffed animal/blanket (optional)</i>			
	<i>Books, cards, quiet activities for rest hour(optional)</i>			