



PARENT INFORMATION — Summer 2010

Camp JRF • 101 Greenwood Avenue, Suite 430 • Jenkintown, PA 19046 • 877-CAMP-JRF

PACKING LIST

Each camper will have approximately 3 large cubbies, which will be plenty of room for storing his/her clothing and other belongings while at camp. Please pack in 2 duffel bags or collapsible soft-sided suitcases. Space is at a premium at camp, for this reason we ask that you **DO NOT** send *hard-sided suitcases, footlockers or trunks*. Your child should be able to carry his/her own luggage with minimal help. We dress informally at camp. All clothing and personal belongings **must be clearly marked** with the camper's name (use indelible ink or laundry marking pens; please note that name tapes/labels may fall off when laundered). **We will do laundry for campers every 8 to 10 days; campers should bring enough clean clothes for 10 days.** All articles of value should be left at home. Camp JRF does not accept responsibility for loss or damage to the clothing, equipment, or personal effects of our campers.

When packing, we request that you help your camper choose clothing that is respectful and appropriate.

Clothing

- 12 - Short sleeve / T-shirts
- 2 - Long sleeve shirts
- 2 - Warm shirts
- 7 - Pairs of shorts
- 2 - Sweatshirts
- 3 - Sweatpants, jeans, or slacks
- 1 - Belt
- 2 - Sweaters, lightweight jackets
- Underwear and socks for 2 weeks
- 2 - Pairs of pajamas
- 1 - Bathrobe
- 3 - Swim suits (*no bikinis or Speedo-type shorts*)
- 1 - Sun hat
- 1 - Hooded raincoat/poncho

Footwear

- 2 - Pairs of sneakers
- 1 - Pair of sandals
- 1 - Pair of rain boots/duck shoes/hiking boots
- 1 - Pair of shower shoes

Shabbat

- 2 - Button down or polo shirts/blouses
- 2 - Nice shorts or slacks/skirts

Bed and Bath

- 2 - Fitted sheets (*twin*)
- 2 - Flat sheets (*twin*)
- 2 - Pillow cases
- 1 - Pillow
- 1 - Blanket
- 1 - Sleeping bag (*for overnight and as a 2nd blanket*)
- 4 - Bath Towels (*towels are provided for swimming*)
- 2 - Wash cloths
- 2 - Large **closable** washable laundry bags
(*zipped/pull string, marked with camper's name*)
- 1 - Plastic sheet (*if needed*)

Toiletries

Please send unscented items whenever possible – insects are attracted to scents.

- 1 - Comb / hair brush
- 1 - Toothbrush
- 1 - Toothpaste
- 1 - Soap and soap dish or body wash
- 1 - Shampoo
- 1 - Collapsible drinking cup
- 1 - Box of Kleenex
- 1 - Insect repellent
- 1 - Sun block
- Deodorant/antiperspirant (*if needed*)
- Feminine products (*if needed*)

Optional

- Kippah, tallit, and tefillin*
- Small battery-powered clip-on fan
- Camera and film
- Books
- Musical instruments

THESE ITEMS ARE A MUST!

- Water bottle (*marked with camper's name*)
- Flashlight with batteries
- Envelopes, paper, pens, stamps, and addresses to write home
- Daypack
- Extra eyeglasses (*recommended*)

TRAVEL and LUGGAGE

Campers are expected to arrive and depart on the opening and closing day of the camp session, unless approved in advance by Camp Director. Travel arrangements are the responsibility of each family. Please be sure to complete camper travel information on the Administrative Form. *All changes to travel must be made in writing.*

BY CAR:

All campers should arrive between 3:00 pm and 5:00 pm on opening day of the session. Please do not arrive early. You can find driving directions on page 7 of this document or on our website, www.campjrf.org.

At the end of the camp session, campers should be picked up between 11:30 am and 1:00 pm on closing day (*please do not arrive early*).

BY BUS:

Bus service will be available from the following locations. All campers must **pre-register** for the bus – make sure to check the appropriate box on the Administrative Form. Please note that there is a \$100 bus fee *each way* for bus service from these locations. Bus departure and arrival times will be confirmed one week before the session opens – please check the website for details. **All buses will leave at the times noted**; unfortunately, we cannot wait for late comers. Please plan to arrive at least 15 minutes early.

New York / New Jersey: Newark International Airport

Opening Day: 2:00 pm departure (Terminal C — Arrivals) **Closing Day:** 2:30 pm arrival (Terminal C — Departures)

Chesapeake: Adat Shalom (7727 Persimmon Tree Lane; Bethesda, MD 20817)

Opening Day: 10:30 am departure **Closing Day:** 4:30 pm arrival

BY AIRPLANE:

The camper's family is responsible for booking flights to and from camp. Please note that Camp JRF does not provide chaperones for air travel; all campers will be met at baggage claim upon arrival and will be brought to the security clearance upon departure (unless registered as an unaccompanied minor – see below). All flights must be in and out of **Newark International Airport (EWR)**.

It is our recommendation that campers traveling by air use our travel agent, Mindy Ferber at Eyeball Travel. She will try to place all campers together on the same flights. To book a flight with Mindy, please send her an e-mail (mindyfm@gmail.com) with the following information:

- Camper name, age and session attending
- Address and phone number
- Camp session (Aleph, Bet, Nitzanim)
- Best method to contact you

Mindy will e-mail you flight information and then call you for credit card information. If you have any questions, please don't hesitate to contact her directly – 847-869-2050 (phone), 773-332-8091 (cell), 847-869-2140 (fax).

OPENING DAY: All campers must arrive at Newark Airport **between 11:00 am and 2:00 pm** Eastern time.

CLOSING DAY: All campers must depart Newark Airport **between 4:00 pm and 7:00 pm** Eastern time.

Unfortunately we cannot provide transportation at any other times or from any other airports.

Identification: Be sure to check identification requirements for your airline and local airport. If your camper does not have a passport or a state-issued ID, you will need to provide other proof of identification.

Unaccompanied Minors: If your child is traveling as an unaccompanied minor, a Camp JRF staff member (wearing a camp t-shirt) will meet him/her at the arrival gate for the flight. Names of staff members serving this role will be provided to families the day prior to the flight. Please note that any unaccompanied minor fees are the responsibility of the family. If your child is traveling as an unaccompanied minor you must notify camp in advance.

Arrival at Newark: On opening day, Camp JRF staff (wearing camp t-shirts) will meet all campers at the baggage claim for their flight.

Luggage: Campers must be able to carry their luggage from baggage claim to chartered camp buses. In light of this, and due to luggage fees on most airlines, *we highly recommend shipping all luggage to and from Camp JRF*. Please note that all luggage fees must be pre-paid. (See shipping information on page 3.)

SHIPPING LUGGAGE TO CAMP

In many cases it is easier to ship all or part of your camper's luggage (we especially recommend this for campers flying to and from camp); you may do so via **FedEx, DHL or UPS**. Luggage must be shipped **PREPAID BOTH TO AND FROM CAMP**, clearly marked with your camper's full name and home address.

Approximate one-way shipping rates for two bags, each of 50 pounds, are:

Chicago — \$60 (FedEx) - \$85 (UPS)

Ft. Lauderdale — \$75 (FedEx) - \$105 (UPS)

Los Angeles — \$110 (FedEx) - \$135 (UPS)

Please use the following address when shipping luggage:

Child's Name – Unit

Camp JRF– Office

1 Pine Grove Road

South Sterling, PA 18460

Phone: 877-226-7573

All necessary paperwork and payment for return shipping must be completed before camp begins and packed within the luggage. Please arrange to have luggage delivered *no later than* 2 days prior to the beginning of your child's camp session and picked-up the day after your child departs camp.

CAMP COMMUNICATION

The best way to reach your child is through the mail. Campers love getting letters and care packages at camp. **Do not send food to camp – it will not be given to your child (more on this below).**

Sending Mail to camp:

Child's Name – Cabin Name (cabin name will be e-mailed to you the first day of each session)

Camp JRF

P.O. Box 10

South Sterling, PA 18460-0010

Shipping anything to camp using services other than the United States Postal Service (i.e. FedEx, DHL or UPS):

Child's Name – Cabin Name (cabin name will be e-mailed to you the first day of each session)

Camp JRF

1 Pine Grove Road

South Sterling, PA 18460

Campers are required to write letters home to you at least twice a week. Please know that the mail can take a number of days to get to you and that much can change in the ensuing days at camp. In other words, don't panic! An unhappy letter from your child on the first or second day of camp might not get to you until the beginning of the second week when s/he is having a wonderful time. If you have questions or concerns about a letter, feel free to be in touch with us.

Parents may not telephone their children at camp. The only exception to this is in the case of an emergency or on a camper's birthday. In both of these cases, the **call must be pre-arranged with the Camp Director, Assistant Director for Program, or Assistant Director for Operations** so we can ensure that the camper is available in the camp office to receive the call. *Please do not send cellular phones with your camper, as s/he will not be allowed to use them and they will be held in the camp office until the end of the session.*

If you have any questions or concerns over the summer, please feel free to call our camp office between 9:00 am and 8:00 pm (Eastern Time) at **877 CAMP JRF**. You may also e-mail us at info@campjrf.org. If you would like to reach us by fax, you can do so at 570-676-9172. (Due to limited resources, we ask that you not fax your child letters – please send these via the post office or Bunk1.com.) We look forward to speaking with you.

E-MAIL AND BUNK1.com

All e-mail to campers will be handled through Bunk1. Bunk1 is a secure service that offers you the opportunity to send letters, pictures, and more to your camper. E-mails will be printed and distributed on a daily basis with the regular mail. We will also be posting pictures from this summer on Bunk1, ensuring the privacy of your campers while giving you the pictures and stories from camp you so enjoy. More information about registering for and using the Bunk1 service will be e-mailed in the spring.

CARE PACKAGES

Campers like receiving mail, but they **love** receiving care packages. Include magazines, toys, games, newspaper clippings, pictures, crossword puzzles, and anything else that your camper and his/her bunkmates will enjoy. **Please do not include food in your care packages; food sent to camp will not be given to your child.**

The best package is the one you make yourself; however, gift packages can be purchased from **Sealed With a Kiss** to be delivered to your camper on a given day – please visit their website, www.eswak.com for more information.

CAMP VISITATION

SHABBAT EXPERIENCE at CAMP JRF

Parents and grandparents are invited to join us for the last Shabbat of each session. The morning will begin with a welcome gathering (including light breakfast) and a tour of camp. Family members will then join with the camp community for Shabbat morning services in our outdoor *beit tefillah* (sanctuary) followed by lunch on the lawn. Following lunch, campers will return to their regular programming and families will have the opportunity to meet with camp leadership.

Aleph Session: Saturday, July 24

Bet Session: Saturday, August 14

All family members will be asked to leave camp by 2:00 pm so that campers and staff can finish the session as a camp community. Parents may pick up their children and luggage on Sunday between 11:30 am and 1:00 pm. To RSVP, please e-mail info@campjrf.org with which date you will join us and the names of all people attending.

HEALTH and SAFETY AT CAMP

Our primary concern is the health and safety of every member of the camp community. Camp JRF is a smoke-free, alcohol-free, drug-free, and weapon-free community. Each camper must have a medical checkup within 24 months of the time s/he attends camp. A physician must fill out and sign the child's medical form every year regardless of whether s/he is due for a physical. **It is imperative that the completed 2010 Health Examination Form reach us no later than April 20.** We cannot use your form on file from a previous summer. Be sure that you have signed the form in the appropriate box. **Your child cannot attend camp without a current signed health form.**

There is a registered nurse in residence at Camp JRF during the entire camp season who oversees all of the health concerns for the entire camp community. If your child is taken to the hospital for illness or injury, you will receive a call from the hospital staff requesting your specific permission for treatment and you will receive a follow-up call from the camp nurse informing you of the outcome. Parents are not generally contacted when their child visits our camp Wellness Center, visits a local doctor for a non-emergency reason or when medication is prescribed for minor issues. Parents will be contacted by the camp nurse when their child spends the night in the camp Wellness Center or is taken to a hospital Emergency Room. Please keep in mind that a trip to the hospital does not necessarily mean it is a serious injury or illness, as camp will always err on the side of caution when it comes to your child's health and safety.

All prescriptions to be dispensed at camp must be sent via **CampMeds**. They provide pre-packaged medications for campers in the safest way possible for your children. Over-the-counter drugs used on an as needed basis such as Tylenol and Benadryl do not need to be sent to CampMeds. CampMeds is contracted with most insurance companies. In the rare instance that your insurance company will not pay their pharmacy, you will not be required to participate in the CampMeds program. CampMeds detailed information will be sent in the spring.

Campers may not under any circumstances hold their own medications, including vitamins, in their cabin. All medications must be turned over to the camp nurse for appropriate distribution under his/her supervision. Asthma inhalers and epi-pens for serious allergic reactions may be kept with the camper *after being approved by the nurse*.

Please contact us regarding any revisions to your camper's medications. **Such changes must be made in writing and must be approved by a Camp JRF nurse.** (Please note that we recommend that medications not be changed within 1 month prior to arrival at camp.)

IMPORTANT: Please notify the camp if your camper is exposed to any communicable diseases, including head lice, during the three weeks prior to camp.

PROGRAM and FACILITY

INCLUSION

Camp JRF is welcoming and inclusive of campers and staff of all sexualities, genders, and life situations. Whenever possible, our goal is to provide a complete camping experience for all of our campers. To aid us in accomplishing this goal, we ask parents to inform us if their camper has any special needs or limitations. We use this information to establish appropriate staffing levels and to ensure that appropriate accommodations are available. Please notify us in writing to explain ways in which we can best support your camper.

SHABBAT AT CAMP

Shabbat is one of the most special parts of the camp program – for many campers it is their favorite part of the week. Campers have the opportunity to sing, dance, relax, go swimming, read a good book, take part in leading services, make decorations for the dining hall, and experience Shabbat like in no other place. A special schedule and special clothes, along with the option of *kippot* and *tallitot*, make this day stand out from the rest of the week.

MUSICAL INSTRUMENTS

Music is an integral part of any Reconstructionist program and campers will have ample opportunity to play their instruments. Campers are welcome to bring their personal instruments to camp, but we remind you that we can take no responsibility for campers' belongings.

SPENDING MONEY AND CANTEEN

There is no need for money at camp. If your camper will be flying to camp, you may want to give him/her money to buy a snack at the airport. On the opening day of the session, camp staff will collect all valuables (e.g. money, plane tickets, passports, personal electronics) for safekeeping. Campers should not keep money in their cabins for any reason. Any money or valuables kept in the cabins is the responsibility of the individual camper – we do not take responsibility for loss, theft or damage to any items that are not placed in our safekeeping. Gambling is not allowed at Camp JRF.

Again this summer, campers will have a canteen account provided at no additional cost. The camp canteen will have Camp JRF gear (t-shirts, hats, hackey sacks, etc.), toiletries (shampoo, toothpaste, toothbrushes, etc.), stamps, stationery, and other fun items available for campers to purchase.

Camper accounts will be set up as follows:

Aleph campers: \$35

Bet campers: \$25

Nitzanim campers: \$15

If you choose to add additional money to a camper's canteen account, you may do so by sending a check made out to "Camp JRF" with the camper's name and the word Canteen on the memo line. *It is NOT necessary to send additional canteen money – this is purely optional. Funds remaining in a camper's account after the session is over will not be refunded.*

CABINS AND BATHROOMS

Campers live in cabins with eight to twelve other campers and at least two counselors. Cabins are single-sex and are arranged by grade. Campers sleep on bunk beds and have shelf or cubby space for clothing storage. All cabins have electricity, ample lighting, and insect screens. Bathrooms are located in the cabin and include clean toilets, sinks, and showers.

FOOD AT CAMP

We serve three meals daily. All food is kosher under the supervision of the camp kashrut authority; all meat is either certified kosher or glatt kosher and separation of milk and meat is maintained. Meals are healthy and kid-friendly, with plenty of variety throughout the week. When meat is served, a vegetarian option is always available. We accommodate campers who require diabetic, vegetarian, vegan, lactose-free, and gluten-free meals or who have specific food allergies; we do not provide special meals for campers who do not like the food served at a particular meal. Fresh fruit or salad are available at every meal, as are basic sandwich ingredients such as soy "peanut" butter and jelly. In addition to meals, we provide a snack every afternoon. Camp JRF strives to be a nut-free environment.

PERSONAL ELECTRONIC AND MUSIC DEVICES

Each bunk will have a shared CD player and we encourage campers to bring CDs. It has been our experience that personal electronic and music devices detract from our community building efforts and we therefore discourage campers from bringing such devices to camp. However, we realize that many campers need to bring walkmen, discmen, or iPods for various reasons, and so we ask that if your camper chooses to bring such a device to camp that you discuss with him/her that camp staff will designate appropriate times in which to use it. We do remind you that camp does not take responsibility for any damage, loss or theft of such items. To ensure that camp is a warm and welcoming environment to all, we do not allow campers to have music (in any format) that includes inappropriate language or innuendo of any kind in their lyrics. Please do not send items such as stereos, laptop computers, iPods, personal video players, gaming devices or cell phones for any reason. *Any such items that a camper brings will be placed in safekeeping for the duration of the camp session.*

DIRECTIONS TO CAMP

Camp JRF is located at 1 Pine Grove Road, South Sterling, PA 18460 (at the corner of State Hwy 191 and Pine Grove Road).

Directions from New York:

Take Interstate 80 west through NJ and into PA at the Delaware Water Gap toll bridge. Stay on I-80 to I-380 north (toward Scranton). Take I-380 north approximately 8 miles to Exit #8 (Tobyhanna - Route 423). Follow Route 423 north 9 miles until it ends at Route 191. Bear left onto Route 191 north. Go approximately 1 mile to Pine Grove Road. Turn right onto Pine Grove Road and left into camp.

Alternately, after crossing the toll bridge into PA at Delaware Water Gap, take Exit #307 in Stroudsburg and follow the signs for Route 191 north. 25 miles north of Stroudsburg, turn right onto Pine Grove Road and left into camp.

Directions from Baltimore:

I-83 north to I-81 north to I-80 east to I-380 north to Exit #8 (Tobyhanna – Route 423). Follow Route 423 north 9 miles until it ends at Route 191. Bear left onto Route 191 north. Go approximately 1 mile to Pine Grove Road. Turn right onto Pine Grove Road and left into camp.

Directions from Philadelphia:

Follow the PA Turnpike Northeast Extension to the Pocono Exit, # 95. Take I-80 east to I-380 north (toward Scranton) to exit #8 (Tobyhanna – Route 423). Follow Route 423 north 9 miles until it ends at Route 191. Bear left onto Route 191 north. Go approximately 1 mile to Pine Grove Road. Turn right onto Pine Grove Road and left into camp.

**CONTACTING US AT CAMP**

Camp is an exciting and wonderful place, and we look forward to having your camper with us this summer. Please be in touch with us, both before and during the session, with any questions or concerns. You can always reach us at **877 CAMP JRF** or by e-mail at **info@campjrf.org**. Over the summer, make sure to visit us online at **www.campjrf.org** and click on the **camp photos and email** tab at the top of the page to access Bunk1.com for frequent updates and pictures from what we know will be the summer of a lifetime for your child.