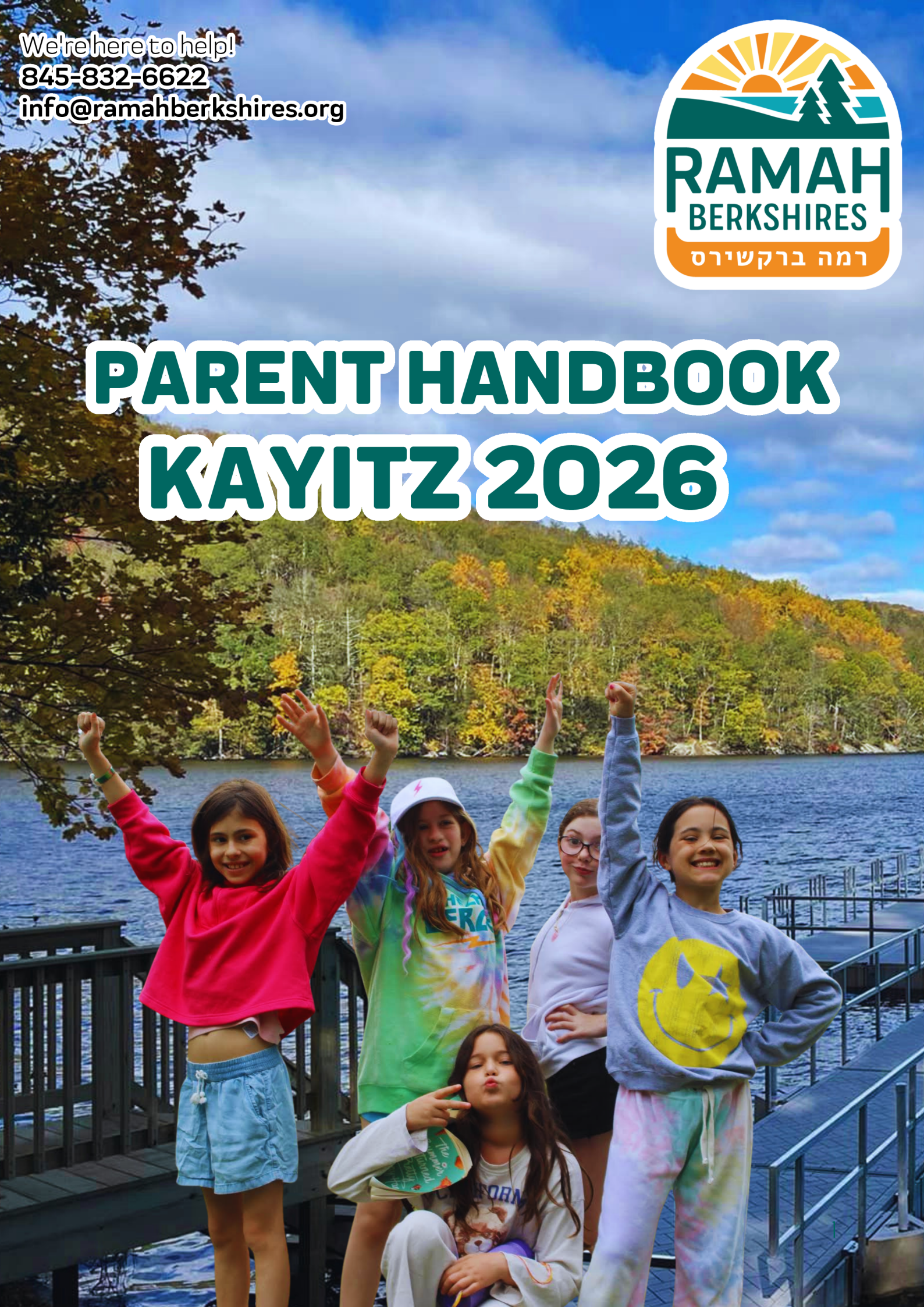


We're here to help!  
845-832-6622  
info@ramahberkshires.org



# PARENT HANDBOOK KAYITZ 2026



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# Welcome!

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## **Dear Families,**

If you're reading this, summer is getting closer—and that means Camp is too.

Soon, buses will roll in, duffels will be unpacked, friendships will be formed (and reformed), songs will be sung, traditions will come alive, and the magic that is Camp Ramah in the Berkshires will begin again. We cannot wait.

Before we get there, however, we have one important stop on our journey: this handbook.

Yes, it's long. Very long. In fact, it may be the most comprehensive guide to camp ever assembled. Somewhere in these pages are answers to questions you haven't even thought to ask yet. What should my camper pack? When are visiting days? How does mail work? What happens if my child forgets something? The answer is probably in here.

This handbook is designed to help every family feel informed, prepared, and excited for the summer ahead. Whether you're joining us for the first time or returning for another unforgettable Ramah summer, I encourage you to bookmark it, reference it, and keep it close by. It contains just about everything you need to know.

Most importantly, thank you for entrusting us with your children. There is no greater privilege than helping create a summer filled with growth, joy, Jewish learning, friendship, adventure, and memories that last a lifetime.

I would also like to express my deepest gratitude to our extraordinary staff and dedicated Board members, whose passion, leadership, and countless hours of work make Camp Ramah in the Berkshires possible. Their commitment helps transform this beautiful place into the vibrant community we all cherish.

We're counting down the days until we welcome your family home to Ramah.

See you at camp.

**B'Shalom,**

**Eytan Graubart**

Director, Camp Ramah in the Berkshires

# CONTACT US

## SUMMER OFFICE HOURS:

Sunday – Thursday: 9:00 AM to 5:00 PM EDT

Friday: 9:00 AM to 4:00 PM EDT

The office is closed on Shabbat.

## GENERAL INQUIRIES:

845-832-6622

[info@ramahberkshires.org](mailto:info@ramahberkshires.org)

## DIRECTOR - Eytan Graubart

[egraubart@ramahberkshires.org](mailto:egraubart@ramahberkshires.org)

## CAMPER CARE TEAM (for anything related to your child over the summer):

[campercare@ramahberkshires.org](mailto:campercare@ramahberkshires.org)

## INFIRMARY, MEDICAL FORMS AND MEDICATION INQUIRIES:

[marp@ramahberkshires.org](mailto:marp@ramahberkshires.org)

## BUNKING QUESTIONS:

[campercare@ramahberkshires.org](mailto:campercare@ramahberkshires.org)

## TRANSPORTATION INQUIRIES:

[info@ramahberkshires.org](mailto:info@ramahberkshires.org)

## IF YOU WOULD LIKE TO MAKE A DONATION TO RAMAH BERKSHIRES:

<https://www.ramahberkshires.org/donate/>

## SUMMER

Camp Ramah in the Berkshires  
P.O. Box 515  
Wingdale, NY 12594

## WINTER

Camp Ramah in the Berkshires  
1086 Teaneck Road, Suite 5B  
Teaneck, NJ 07666

CONNECT WITH US! [www.ramahberkshires.org](http://www.ramahberkshires.org)  



*Camp Ramah in the Berkshires is a proud member of the American Camp Association and the Ramah Camping Movement.*

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# IMPORTANT DATES

## KAYITZ (SUMMER) '26 SESSION DATES

**Opening Day:** Wednesday, June 24th

**End of First Session / Visiting Day:** Sunday, July 19

**Start of Second Session:** Tuesday, July 21

**Closing Day:** Thursday, August 13

**Ta'am 1 (1-week):** Monday, July 20 - Sunday, July 26

**Ta'am 2 (2-week):** Monday, July 27 - Sunday, August 9

**Tikvah:**

- **Second Session:** Tuesday, July 21 - Thursday, August 13

## FORMS AND DUE DATES

All forms are available on your [CamplnTouch dashboard](#) and in the Companion app.

To access your CamplnTouch account:

- Go to [www.ramahberkshires.org](http://www.ramahberkshires.org)
- Click "Login"
- Log-in using your email and password
- Click on "Forms & Documents" to access all forms on your dashboard

To access forms through Companion:

Log in to the app using your CamplnTouch credentials. Click on "Forms" in the menu on the left of the screen.

**The Kayitz 2026 packing list is available in this handbook on page 35 and on your dashboard.**

Continued on next page

# IMPORTANT DATES

## FORMS AND DUE DATES (continued)

### May 5, 2026

#### Mandatory Forms & Documents DUE

- Medical Forms\*
- Camper Care Intake
- Camper Photo
- B-Side: Code of Sexual Conduct
- B-Side: Behavioral Agreement
- Door-v-a-Door Luggage Delivery Registration
- Permission Forms

\*Mandatory medical forms include: Physician Exam, Medication/Vitamin/Supplement Sheet, Health History, Immunization Form, Health Insurance Information

#### Optional / If Applicable DUE

- Allergy Action Plan
- Asthma Action Plan
- Medication Forms
- Bunk Request
- Ham Radio
- Lifeguard Training Certification

### Middle of June 2026

- Bunking information provided

Bunking information will only be provided to those that have submitted all mandatory Kayitz 2026 forms and have completed tuition payments.

## CANCELLATIONS AND REFUNDS

For enrollment cancellations before a Camper's arrival at Camp, a fee will be charged:

- February through April: 20% of tuition
- May through June 25: 50% of tuition

Camper Withdrawals: Refunds will not be offered after the start of Camp for withdrawals initiated by parents or if a camper is sent home due to behavioral misconduct. For other withdrawals, a prorated portion of the tuition will be refunded after deducting a withdrawal fee of half the tuition.

### Session Change Fee:

Changes from full season to single session made after April 15 will be assessed a fee of \$1000.

# TRANSPORTATION & LUGGAGE

All campers are required to take the bus to and from camp. Campers will be assigned to a regional bus stop. Drop offs and pick ups will not be allowed at camp.

All luggage is required to go through a delivery service. Our preferred vendor is Door-v-a-Door Trucking. You may also use FedEx or UPS. Drop-offs and pick-ups of luggage will not be allowed at Camp.

We recommend using 1-2 soft trunks or duffle bags.

**Please refer to the Door-v-a-Door Trucking Information on your [CampInTouch dashboard](#) for further details.**

# FEES & TRIPS

## CANTEEN

The canteen fee is included in your camp fees. Campers visit the canteen – known as the chanutiyah – twice a week and can select two food/beverage items each visit.

## SWAG

Our [Swag Store](#) sells sweatshirts, jerseys, vintage t's, water bottles, hats, and more. A Ramah Berkshires Kayitz (Summer) 2026 shirt is included in your fees and will be distributed to all campers at Camp.

## TIPPING & GRATUITIES POLICY

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who are expected to do their utmost at all times for each individual, they may not accept gratuities.

Parents wishing to honor staff members are invited to donate to the Staff Appreciation Fund which supports staff programming during the summer.

Donations may be made [online](#).

## TRIPS

Every camper at Ramah Berkshires participates in an out-of-camp, edah trip. Campers in our 4-8 grade programs take day trips that may include visits to water parks, zoos, and aquariums. Campers in our high school program (grades 9-11) have multi-day trips to destinations like Philadelphia, New England, and Toronto (please note the exact locations and itineraries of these trips vary year to year). You will receive separate emails about special outdoor overnight trips.

All expenses are covered by Camp during the trips. Campers may take money for discretionary items; we recommend the following amounts:

- Campers going in to grade 7-8: \$10-20 per session
- Campers going in to grade 9: \$50 per session
- Campers going in to grade 10: \$50 per session
- Campers going in to grade 11: \$50 per session

# MEDICAL INFORMATION

## MEDICAL FORMS

To comply with the requirements of the New York State Department of Health, and for the health and safety of your child, fellow campers, and staff, we require new medical forms to be completed each year that your child is at Camp. The required documents are the Physician's Examination, Medication Sheet, Immunization Record, and Insurance Form, as well as the online Health History. Forms must be uploaded to your [CampInTouch dashboard](#) by May 5th, 2026. Your child will not be assigned to a bunk until we receive all of your child's completed forms.

The National Ramah Commission and the CRB Medical Committee endorse the requirement that all campers must be current with all routine childhood immunizations according to the standards of the American Academy of Pediatrics.

Please note, in particular, that all campers are required to have received a tetanus booster vaccine, commonly known as the Tdap vaccine (trade names, Boostrix, or Adacel), by 12 years of age.

- If your child uses a nebulizer, please be sure that your physician has indicated this on the medication sheet, and please send it with your child on the first day of Camp, marked with your child's full name.
- If your child wears glasses, please send the prescription and an extra pair of glasses with your child on the first day of Camp. Please write your child's full name on their glasses case.
- If your child wears contact lenses, please send the prescription and enough lenses for their stay with your child on the first day of Camp. Please write your child's full name on their lens packages.

If there are any specific medical concerns before or during the summer, please email [marp@ramahberkshires.org](mailto:marp@ramahberkshires.org). Communication will be held in the strictest confidence.

Parents must have primary health insurance coverage. No child will be accepted into Camp without it. If there is a situation where parents find themselves without coverage, please contact [marp@ramahberkshires.org](mailto:marp@ramahberkshires.org).

# MEDICAL INFORMATION

## DENTAL AND ORTHODONTIC WORK

Prior to the start of Camp, it is important that you attend to your child's dental needs. If your child needs dental or orthodontic treatment while at Camp, you will be billed directly.

Camp is not responsible for lost or damaged retainers. Please label all retainer containers with your child's full name.

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

## HEALTH CENTER (known as “the Marp” in Camp)

Our health center is well staffed. There is always a doctor and a team of registered nurses on call. The best time to reach a nurse is between the hours of 12:00 – 2:00 PM, Sunday through Friday at (845) 832-6622 ext. 456.

The Marp is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that New York State law and the Board of Health require that all medications be kept in the health center at Camp. No over-the-counter or prescription medications of any kind may be kept in the bunks. Parents are responsible for payment for prescriptions that are prescribed by the Camp doctor and purchased for your child.

## COMMUNICATION

Communication is of utmost importance to us. We look forward to collaborating with you in caring for your children. At times our communication will take place via email, and at other times you will receive a phone call. A member of the Marp staff will contact you for the following reasons:

- In the case of an emergency, you will receive a call as soon as possible.
- If the Camp doctor determines that your child will benefit from starting a new medication that requires a prescription (for example, antibiotics for a skin or ear infection), you will receive a phone call. Your insurance will be submitted directly to the pharmacy and we will bill your account for any co-pay.
- If the Camp doctor determines that your child has to go out of Camp for medical care, (for example, an orthopedist or orthodontist outpatient appointment or to urgent care for x-rays or stitches) you will receive a phone call to discuss the situation. You will have the option to pick your child up from Camp to take them to their regular physician or a specialist of your choosing. Our Camp drivers will take your child to the appointment and facilitate communication between you and that medical provider.

# MEDICAL INFORMATION

- If your child spends the night in the Marp you will receive an email notification.
- If your child has visited the Marp repeatedly for the same complaint, you will receive an email notification.

We do our best to strike a balance between “parental” care and medical care. “Parental” care is the type of care you would provide to your child without considering taking them to a doctor. Please do not expect the Marp to call you about “parental” care issues, such as a scraped knee, a minor stomach ache, or routine tick removal.

## MEDICATIONS

All of the campers’ medications must be pre-packaged and sent to Camp prior to your child’s arrival. We will share details about how to register for this service in the months leading up to Camp.

## MEDICAL INSURANCE

Our camp medical insurance policy is as follows:

You, as the parent, are responsible for all medical expenses, including prescription drugs, that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Camp Ramah in the Berkshires for co-payments or other expenses that Camp pays to providers on your behalf.

If you have questions regarding the medical care that your child is receiving, please contact [marp@ramahberkshires.org](mailto:marp@ramahberkshires.org).

## LICE

Camp Ramah in the Berkshires will check all campers and staff for head lice upon arrival into Camp. To avoid an uncomfortable situation, we ask that you please check your child’s head before the start of Camp.

If your child is found to have lice or nits, we will contact you. Your child will need to be treated immediately at Camp. There will be an additional charge of \$500. You will be asked to provide a credit card to cover the treatment charge.

Ramah Berkshires will also check all campers for head lice prior to their departure from Camp.

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# MEDICAL INFORMATION

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Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like Camp. Sharing towels, beds, barrettes, headphones, hats, kippot, t-shirts, and other personal items (e.g., combs and brushes) contributes to the spread of lice. Please discourage your child from sharing such items while in Camp.

## **TICKS**

We try to be very diligent at Camp in having our staff and campers check for ticks. If anyone is found with a tick, they are sent to the Marp to have it removed by a professional.

## **IF YOUR CHILD IS SICK ON THE FIRST DAY OF CAMP**

PLEASE, if your child has a fever, strep, or lice on Opening Day, call and let us know so we can make arrangements for them to arrive at Camp on a different day! Thank you.

# MEDICAL INFORMATION

## VACCINATION POLICY

NRC Affirmation of Immunization Requirements - January 2026

In 2007 the National Ramah Commission approved a universal vaccination policy that has since been adopted by all Ramah camps. With only specific verified true medical exceptions, all campers, staff, and family members of staff who attend any Ramah camps or programs must be appropriately vaccinated, per the standards of the American Academy of Pediatrics (AAP) or the Canadian Paediatric Society (CPS). The AAP recommended schedule can be found [here](#). The CPS recommendations can be found [here](#).

The camp community is a Kehilla Kedosha, a holy community. Preventing illness and creating a caring and safe community is holy work. Families entrust their children to us during the summer to educate them, inspire them and keep them safe, healthy and happy. Our camp communities are composed of both healthy and more medically fragile individuals, as well as infants not yet vaccinated due to their age. Universal vaccination is known to reduce the risk of transmission of disease to vulnerable individuals. Additionally, in the camp cabin environment, children and counselors live in close quarters. Despite the best precautions taken to reduce the spread of infectious diseases, dorm-like living conditions are known to increase the risk of disease transmission. Vaccination is an important part of reducing illness from preventable infectious diseases and plays an integral part in promoting health and safety.

Our commitment to the health of our communities, and thus our steadfast adherence to the routine schedules of childhood vaccination is unchanged. Vaccination in accordance with these schedules remains a requirement for attendance at the Ramah overnight camps, day camps and Israel programs.

National Ramah Commission  
Medical Committee  
January 2026

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# PARENT LOGISTICS

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## ORIENTATION

Parents of first-year campers are invited to attend a virtual Parent Orientation for adults only. Parents will have the opportunity to meet the Director and/or Director of Community Care and Inclusion, as well as other members of our senior staff. Specific dates for these virtual orientations will be announced in the spring.

### Save the Date

Sunday, June 14, 2026: YOM KEF - family fun day at Camp. Enjoy a pre-summer day at Ramah Berkshires to explore our Camp facilities, try out our programming, and get ready for the incredible summer ahead.

## BIRTHDAYS

Campers whose birthdays fall during the camp season have a special opportunity to celebrate with their bunkmates at Camp. A birthday cake will be provided and campers will be permitted a birthday phone call home. Our Camper Care team will reach out to you to schedule the phone call close to the camper's birthday.

## CAMPER DIRECTORY

We provide a directory (at the end of the summer) with campers' addresses, phone numbers and email information.

The camper directory will be posted in your [CampInTouch dashboard](#) on your child's dashboard. You will need to sign into the dashboard using your email and password. Once logged in, click on "Forms and Documents" and scroll to the bottom of the page where you will see the directories posted. Please use your discretion when sharing personal information about children outside of your immediate family.

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# PARENT LOGISTICS

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## LATE ARRIVAL / EARLY DEPARTURE

Arriving late or leaving early can make adjusting to Camp more difficult and lessen the enjoyment of the summer. It is essential that you contact us immediately if you need to make any special arrangements. If your family needs permission for your child to be absent from Camp for any reason and for any period of time, please make sure that Camp is fully aware of the schedule by contacting our [Director of Community Care and Inclusion](#).

## VISITING DAY

Visiting Day is scheduled for this summer on July 19, 2026. We will update you with the latest information as we get closer to Opening Day and throughout the summer.

**First session campers will need to be picked up by car. There will be no buses home offered for campers attending first session.**

## SUMMER APPOINTMENTS

### Therapy

If your camper will be continuing with therapy over the course of the summer please reach out to [campercare@ramahberkshires.org](mailto:campercare@ramahberkshires.org) to schedule these sessions.

### B'nai Mitzvah Tutoring

If you are celebrating your campers' B'nai Mitzvah before November 2026 we will help you coordinate virtual tutoring session for the summer. Please email [campercare@ramahberkshires.org](mailto:campercare@ramahberkshires.org) to schedule these sessions. If your campers' B'nai Mitzvah falls after November 2026, please send materials to Camp for your campers to study on their own.

### Academics

Camp is a chance to unplug and unwind from the stressors of your campers' school year. We highly encourage all campers to take a break from academic tutoring while they are at camp.

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# CAMPER CARE

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## Camper Safety, Care, and Behavioral Expectations Policy

### Our Commitment to Camper Safety and Wellbeing

Camp Ramah in the Berkshires is a vibrant Jewish community grounded in the values of kavod (respect), chesed (kindness), and shared responsibility. We are deeply committed to creating a safe, supportive, and inclusive environment in which every camper can grow socially, emotionally, physically, and spiritually.

Protecting the wellbeing of our campers is a collective responsibility shared by Camp professionals, families, and campers themselves. Our policies are designed to promote safety, set clear expectations, and support healthy development, while recognizing that each child is unique. When concerns arise, we strive to respond with care, professionalism, and a trauma-informed approach, always keeping the best interests of both the individual camper and the broader community in mind.

### Our Care and Safety Teams

To support camper wellbeing and safety, Camp Ramah in the Berkshires has two dedicated teams that work collaboratively throughout the year and during the summer.

#### Camper Care Team

Our **Camper Care Team** includes the Camp Director, Associate Director, Director of Community Care and Inclusion, senior staff, yoetzim (parent liaisons), and outside professional consultants as needed.

The Director of Community Care and Inclusion works year-round to help evaluate camper needs, partner with families, and develop appropriate support plans both before and during the summer. Our yoetzim—often educators or mental health professionals—serve as resources for campers and staff by helping to understand camper needs, offering guidance, and providing emotional support to promote wellbeing.

Yoetzim do not function as therapists. When appropriate, the Camper Care Team may assist families in connecting campers with outside therapeutic support.

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# CAMPER CARE

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## **Child Safety Committee**

Camp's child protection efforts are guided by the **Child Safety Committee**, a group of trained staff members and lay leaders responsible for overseeing abuse prevention practices and responding to reports of harm affecting the Camp community. When suspected incidents of harm or policy violations arise, they should be reported to a member of the Committee or Leadership team. Reports are addressed promptly and thoughtfully using trauma-informed practices, and decisions are made collaboratively whenever possible. Reports can also be communicated via email to [childsafety@ramahberkshires.org](mailto:childsafety@ramahberkshires.org).

The Child Safety Committee also oversees education, training, community awareness, and consultation about best practices related to child safety. The Child Safety Committee includes: Eytan Graubart (Camp Director), Elisheva Layman Salant (Director of Community Care and Inclusion), Dr. Yaron Goldrich (Mental Health Coordinator), Dr. Cliff Nerwen, Dr. Ilana Kustanowitz, Dr. Emily Rebenstock, Shira Jacobson, and Ian Dumain.

## **Bunk Staff**

Our bunk staff are the frontline caregivers of Camp. These young adults—many of whom grew up at Camp Ramah or serve as Israeli emissaries—receive extensive training before the summer and ongoing support throughout the season. From their first day, staff are taught that their primary responsibility is caring for other people's children.

Bunk staff are supported by senior leadership and trained mental health professionals and are expected to raise concerns promptly so that campers receive appropriate care.

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# CAMPER CARE

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## Staff Reporting Requirements

Camp Ramah in the Berkshires is committed to ensuring that all concerns related to camper safety and wellbeing are taken seriously and addressed promptly and thoughtfully. Preventing harm is a shared responsibility, and every member of the Camp community plays a role in protecting our campers.

All staff members are expected to report any information that raises concern about the safety or wellbeing of a camper. The following types of reports may be made:

- 1- Suspected Child Abuse, harm or maltreatment
- 2- Child Safety Policy Violations (Camper-to-camper or staff-to-camper)

When a report is made, the committee will determine what type of action will be appropriate. Staff who are mandated reporters are required to comply fully with all applicable state and local mandatory reporting laws and receive appropriate training about identifying abuse.

Reports may be made to a supervisor, a member of the Senior Leadership Team, directly to the Child Safety Committee or the Director of the National Ramah Commission. Camp strictly prohibits retaliation against any staff member who, in good faith, reports concerns internally or externally. Raising concerns is viewed as an essential part of maintaining a safe and caring community.

Camp leadership and the Child Safety Committee are responsible for reviewing reports, determining appropriate next steps, and ensuring that responses are trauma-informed, timely, and consistent with Camp policy and legal obligations.

# CAMPER CARE

## Our Kehillah Kedoshah–Holy Community

Camp Ramah in the Berkshires strives to be a **Kehillah Kedoshah—a holy and caring community**. Our expectations are rooted in Jewish values and are designed to ensure that Camp is a safe, respectful, and positive environment for everyone.

Our community is built on **kavod** (respect) and **chesed** (kindness). Campers are expected to:

- Treat others with compassion and inclusivity, in person and online
- Use kind words and actions
- Include others in activities
- Respect one another’s feelings, bodies, and property

Campers are also expected to:

- Follow Camp rules and guidelines
- Listen to and cooperate with staff, whose role is to keep everyone safe
- Represent Camp Ramah in the Berkshires with pride, both on and off Camp grounds

## Kavod Habriyot – Respect for All God’s Creations

Every person in our community is deserving of dignity and respect. We celebrate diversity and encourage empathy, patience, and understanding. Campers are expected to behave in ways that reflect respect for themselves and for others, and to contribute positively to the physical, emotional, and spiritual wellbeing of the community.

The expectations below apply to all campers and are in place to promote safety, accountability, and healthy development.

### Physical Harm

Physical aggression, including hitting or other forms of physical harm, is not permitted.

## **Bullying**

Bullying is not tolerated at Camp. Bullying is defined as aggressive behavior, often repeated, involving a real or perceived power imbalance, intended to cause physical or emotional harm.

Bullying may take many forms, including:

- Physical (unwanted physical contact or threats)
- Verbal (insults, teasing, slurs, name-calling, or spreading rumors)
- Sexual (unwanted touching, sexually suggestive comments or gestures, or sharing explicit material)
- Cyber (harassment or harm through electronic communication or social media)

Bullying can occur among friends, and behavior intended as playful can still cause harm and can occur both verbally/in-person as well as online. At the same time, not all unkind behavior rises to the level of bullying. Conflicts, arguments, and age-appropriate misbehavior are addressed through our camper care processes with a focus on guidance, learning, and repair.

Cliques and close friendships are a natural part of children's social development and are expected within the camp environment. At the same time, campers are expected to be inclusive and welcoming during bunk activities and other group experiences that are designed for the full bunk community. During free time, it is appropriate for campers to spend time in smaller social groups based on shared interests and friendships. We encourage families to support ongoing conversations at home about inclusion, kindness, and the importance of expanding social circles and making space for others.

## **Targeting Based on Identity or Difference**

Bullying or harassment that targets a camper or staff member based on their identity or perceived identity is strictly prohibited. This includes, but is not limited to, behavior directed at campers and staff because of their sexual orientation, gender identity or expression, race, ethnicity, skin color, religion, national origin, language, immigration background, disability, or any other personal characteristic.

Camp Ramah in the Berkshires is committed to creating a community in which every person is made B'tzelem Elokim (in the image of G-d) so that everyone feels safe, respected, and valued. Any behavior—verbal, physical, social, or online—that singles out or marginalizes individuals or groups in these ways will be addressed promptly and may result in disciplinary action.

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# CAMPER CARE

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## **Sexual Behavior Between Campers**

Camp recognizes that close friendships and age-appropriate romantic interests may naturally develop among campers. Appropriate and respectful displays of affection, such as holding hands, brief hugs, or brief kissing, may be permitted when they are mutual, respectful of others, and appropriate to the camp setting.

To help maintain a safe, healthy, and comfortable environment for all campers, sexual behavior or sexually intimate contact—including sexual touching, oral sex, intercourse, or similar activity—is not permitted at Camp, regardless of consent. Any non-consensual behavior or unwanted physical contact is strictly prohibited and will be addressed immediately.

Camp staff are committed to supporting campers in understanding healthy boundaries, respectful relationships, and community expectations in a developmentally appropriate and supportive manner.

## **Staff-Camper Relationships**

Camp is committed to maintaining safe, respectful, and age-appropriate relationships between staff and campers at all times. Clear boundaries help create an environment where all campers feel secure, supported, and comfortable. Romantic or sexual interactions, language, gestures, or suggestions between staff and campers are not permitted under any circumstances.

Staff members are trained to model and maintain appropriate boundaries, and any staff member who violates these expectations will be subject to immediate disciplinary action, including dismissal. If a camper engages in behavior or communication that crosses these boundaries, staff will respond with guidance and support, helping the camper understand why the behavior is inappropriate and reinforcing expectations for respectful interactions. In some cases, additional behavioral support or family partnership may be necessary.

We value open communication with families and believe that reinforcing healthy boundaries together helps ensure a positive and emotionally safe camp experience for everyone.

## **Language and Conduct**

Campers are expected to use respectful and appropriate language. Threatening, discriminatory, harassing, sexually explicit, or repeatedly profane language is not permitted.

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# CAMPER CARE

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## **Theft**

Campers may not take or use property that does not belong to them without permission.

## **Alcohol, Drugs, and Prohibited Substances**

Camp is an alcohol- and drug-free environment for campers and staff. Campers may not possess, use, or be under the influence of alcohol, controlled substances, tobacco products, e-cigarettes, vape pens, or non-prescribed legal drugs.

## **Electronic Devices**

Camp is an unplugged environment. Campers are not permitted to possess or use electronic devices at Camp or to use staff members' personal devices, except in emergencies. Campers entering grades 9–11 may be permitted limited access to personal cell phones during certain overnight trips away from Camp, in accordance with trip guidelines and staff supervision.

## **Leaving Camp Property Without Authorization**

The safety and supervision of campers are top priorities at Camp. Campers are expected to remain within designated camp areas at all times unless participating in a supervised activity or trip accompanied by camp staff. These expectations help ensure that all campers remain safe, accounted for, and appropriately supported throughout the camp experience.

## **Weapons**

Weapons of any kind—real or replica, including guns, knives, or other weapons—are not permitted on Camp property.

## Partnering with Families Before the Summer

Safe and successful summers are built on honest communication and partnership between families and Camp professionals. Sharing important information about a camper's social and emotional health allows us to prepare thoughtfully and support each child from the very first day of Camp.

We ask families to have transparent communication with the Camp team when sharing information that may impact a camper's emotional or physical safety, adjustment, or success at Camp. Information that is particularly important to share includes, but is not limited to:

- Any significant life changes or stressful experiences (including illness in the family, death, separation, or divorce)
- Any information you would like to share related to your child's sexual orientation or gender identity
- Bedwetting or nighttime accidents
- Current connection with a therapist, counselor, or other mental health provider
- Any plans to change or stop medications during the summer
- Ongoing or serious medical conditions
- Any hospitalizations for physical, emotional, or behavioral concerns since last summer
- History of self-harm or self-injurious behavior
- History of suicidal thoughts, statements, or behaviors

When families share mental health or behavioral concerns in advance, Camp partners closely with parents and, when appropriate, with the camper's existing mental health team. Together, we assess whether Camp is the right setting at that time and whether a plan can be developed to support a positive and successful experience.

If a previously undisclosed concern arises once Camp is underway, Camp may not be able to provide the level of support needed to ensure a successful camp experience. In situations where a camper's safety, or the safety of the community, is at risk, Camp may require that a child be picked up and brought home. These decisions are made with care, compassion, and the wellbeing of all campers in mind.

# CAMPER CARE

## Camper Support Planning

When appropriate, Camp may provide reasonable accommodations designed to support a camper's success, as our resources allow. These may include limited schedule modifications or coordination with outside therapeutic providers. In determining whether Camp is an appropriate setting for a camper and what supports may be helpful, we consider multiple factors, including:

- Information shared by parents through required forms and direct communication
- Input from professionals currently working with the camper
- The camper's strengths, challenges, and overall wellbeing
- Recent trends in emotional, behavioral, or mental health
- Significant life events within the past year
- The similarity between Camp and other environments that may be challenging for the camper
- The impact on the broader community, including the camper's bunk (tzrif) and edah
- The amount of staff support required and whether it is reasonable within a residential Camp setting

Our goal is always to set campers up for success, to create positive, and fun camp experiences, while maintaining a safe and healthy environment for the entire Camp community.

*Please note that we do offer two programs at Camp with higher levels of support. Our Director of Community Care and Inclusion will work with each family on an individual basis to determine if our Breira B'Ramah or Tikvah program would be most appropriate for the Camper.*

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# CAMPER CARE

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## Limits of Camp-Based Support

Camp Ramah in the Berkshires is a residential camp community, not a clinical or therapeutic setting. While we provide thoughtful care and emotional support, there are limits to the level of supervision and intervention.

To be successful at Camp, campers should be able to demonstrate age-appropriate independence and self-management, including the ability to:

- Function independently for most of the camp day, with support levels appropriate to their age, developmental stage and Camp program
- Participate safely in camp programming with the typical supervision and support provided by staff
- Manage themselves appropriately during less structured times, such as free time, transitions, and nighttime routines

Camp is not able to provide ongoing or intensive one-to-one supervision throughout the summer. In situations where a camper requires that level of support to navigate basic daily activities or to remain safe, our resources may not allow us to meet their needs.

These limitations are central to how we assess readiness for Camp and inform early departure.

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# CAMPER CARE

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## **Camp's Response to Policy Infractions**

At its heart, Ramah Berkshires is an educational institution and is invested in all members of our Camp community learning and growing as a result of their time at Camp. When responding to camper needs as well as policy violations, Camp does so centering its values as well as with the hope of allowing all parties to learn and grow from what has transpired.

That is why reports of possible violations of this policy are reviewed by the Senior Leadership Team in consultation with the Child Safety Committee. The committee also consults with external professionals as needed to maintain unbiased, professional and consistent expectations. Camp is committed to responding promptly, thoughtfully, and using trauma-informed practices. Camp maintains clear, consistent, and age-appropriate rules and limits. Consequences, when necessary, are directly related to a camper's actions and addressed in a timely and respectful manner.

Physical or corporal punishment is never permitted. Camp strictly prohibits verbal abuse, humiliation, intimidation, scare tactics, or coercive measures, as well as the withholding of food, water, or shelter or extended isolation. All staff members responsible for caring for campers receive training during staff week and ongoing supervision to ensure rules and limits are being enforced in line with Camp's policies and values. Bunk counselors meet regularly with the Camper Care Team to discuss concerns related to camper behavior, and guidance about appropriate interventions.

When a camper's behavior is persistently challenging despite reasonable interventions, Camp staff will contact parents to discuss whether Camp remains an appropriate setting. Whenever possible, Camp will work collaboratively with families to develop a plan aimed at supporting the camper's success.

Depending on the nature and severity of the behavior, disciplinary responses may range from a warning to immediate dismissal. In cases of dismissal, Camp administrative fees are not refundable, and future enrollment may be limited or denied. Disciplinary decisions are final.

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# CAMPER CARE

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## **Confidentiality and Interviews**

If a report is made, the Child Safety Committee and Camp Leadership will gather information from appropriate parties in order to effectively understand the incident, intervene and determine appropriate action. Camp recognizes the sensitive nature of reports involving camper safety and wellbeing. Information is shared only on a need-to-know basis.

Reports cannot be kept confidential in all circumstances, as Camp may be required to make reports to state or local authorities or to notify caregivers when safety concerns arise.

When necessary, gathering information may involve speaking directly with campers. In some cases, an external professional may participate in these conversations. Caregivers will be notified and invited to be present but may not interfere with or record interviews. Declining participation in an interview may limit Camp's ability to gather relevant information and may impact decisions regarding continued participation in Camp programming.

## **Final Notes and Camp Discretion**

This policy is intended to supplement, and not replace, the Contract of Enrollment between Camp Ramah in the Berkshires and a camper's parent(s) or guardian(s). In the event of any conflict, the Contract of Enrollment governs.

The topics mentioned above are not meant to be exhaustive, but rather, illustrative of the values and expectations of our Camp community. Nothing in this policy limits the discretion of the Camp Director regarding enrollment status, continued participation, or dismissal decisions, which are made in the best interests of individual campers and the Camp community.

# Mental Health Situations

## We May Encounter

The examples below reflect situations that may arise at Camp. Each child's circumstances are unique, and our responses are individualized, collaborative, and grounded in care. Families are encouraged to reach out before the summer if they have questions or concerns related to any of the following.

### **Homesickness**

Homesickness is a common and expected part of the Camp experience, particularly during the first days of the session. In most cases, it improves as campers adjust to their new environment.

If homesickness is a concern, it is helpful for Camp to understand a camper's bedtime routines and strategies that have been effective in comforting them at home.

Families are encouraged to prepare their child by acknowledging that it is normal to both miss home and have a positive Camp experience at the same time.

Patterns at sleepovers and the level of support needed at bedtime can be helpful indicators of how a camper may adjust. We ask families to avoid promising early pickup if a camper becomes homesick, as it is important that campers arrive feeling confident that Camp is a place they are meant to be.

### **Anxiety And Depression**

Many campers who experience anxiety or depression are able to thrive at Camp with appropriate preparation and support. Sharing this information in advance allows our Camper Care Team to work with staff and plan thoughtfully.

In cases where anxiety or depression significantly limits a camper's ability to participate in most of the Camp day or the mental health team do not believe the camper can remain safe during periods of lower supervision, Camp may determine that it is not an appropriate setting at that time.

### **Suicidal Ideation**

Camp is not able to serve campers who are experiencing active suicidal ideation, as we cannot provide the level of clinical supervision required to ensure their safety.

A history of suicidal thoughts or behaviors must be disclosed in advance so that Camp can assess readiness and determine whether participation is appropriate. This assessment considers both the camper's needs and the wellbeing of others in the bunk and *edah*.

# Mental Health Situations

## We May Encounter

### **Disordered Eating**

Sharing a history of disordered eating is critical to supporting a healthy and successful Camp experience. While Camp is unable to monitor individual food intake at every meal, we may be able to support campers through structured plans, coordination with outside providers, and periodic check-ins, as appropriate. The wellbeing of the broader Camp community is also considered, as some behaviors may affect others in the bunk or edah. Camp works closely with families and nutrition professionals to determine whether a supportive plan can be implemented.

### **Neurodiversity**

Many campers with diagnoses related to social or emotional development, including ADHD and Autism Spectrum Disorder, are successful at Camp, particularly when they are well supported at home.

Advance communication allows Camp to partner with families and determine whether accommodations or inclusion supports may be appropriate and available. Timely assessment also helps ensure that Camp is a good fit and that expectations are clear.

### **Emotional Dysregulation**

Some campers experience emotional responses that are more intense or longer-lasting than is typical for their age. Disclosure of these patterns prior to the summer allows staff to prepare and respond appropriately.

If emotional dysregulation significantly interferes with a camper's ability to participate safely in most programming or requires intensive one-to-one support, Camp may determine that it is unable to meet the camper's needs.

### **A Note About Medication**

We understand that some families consider adjusting medication during the summer. While Camp is often experienced as a relaxed and joyful environment, it also involves new routines, social dynamics, and varying levels of structure.

Families are encouraged to consult with their child's prescribing provider before making any medication changes. Any changes to medication during the summer must be communicated to the Director of Community Care and Inclusion so that we can best support a successful experience.

# Mental Health Situations

## We May Encounter

### **When a Camper Leaves Camp Early**

There may be circumstances in which a camper is asked to leave Camp to protect their wellbeing or the wellbeing of the community. Camp recognizes that early departure is significant and approaches these situations with care, discretion, and sensitivity.

When a decision is made that a camper will leave Camp, we aim to minimize disruption and ensure appropriate supervision and support. Parents are expected to work with Camp to arrange pickup as promptly as possible, typically within a few hours.

Once a departure decision has been made, the camper will no longer participate in programming and will be supervised in a supportive setting until pickup. When appropriate, campers may be given a brief opportunity to say goodbye to friends. A senior staff member will do their best to meet families upon arrival.

Following departure, Camp will reach out within a week to check in and follow up as appropriate. Some families welcome continued communication, while others prefer privacy, and Camp respects both.

Eligibility for future enrollment will be evaluated through Camp's re-enrollment review process.

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# RULES & REGULATIONS

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## REFUNDS

If a child is expelled due to violating any Camp policies or protocols stipulated in this Parent Handbook or due to inappropriate behavior, a pro-rated refund based off of 25% of tuition will be provided. If a child is sent home for medical and/or mental health reasons, 85% of tuition will be refunded, pro-rated for the number of days at Camp minus administrative fees. Withdrawal due to a medical or mental health condition that was not disclosed may result in expulsion without a refund.

THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPER. Voluntary withdrawals include: child is homesick, parents are chillsick, unhappy with bunking assignments, change in family plans, family vacations and promises made by parents to withdraw the child after a “trial period at Camp.”

## GRAFFITI AND VANDALISM

All campers and staff are responsible for maintaining the physical condition of Camp. Any vandalism or destruction of Camp property by members of the Camp community will result in damages assessed and charged to the camper’s family, and possible expulsion from Camp. Any damage to the property, including graffiti, will be paid for by the camper’s family. (Repainting/repairing bunks, bathrooms and similar structures costs between \$200 – \$800.)

## BOUNDARIES OF CAMP

Campers may not leave the Camp grounds at any time except on supervised trips or programs. Campers must stay in their bunks after curfew. Violation of this rule is grounds for dismissal. Campers may not go beyond the basic boundaries of Camp.

## FOOD

Our Camp is “nut free.” We do not serve or cook with any products containing nuts (e.g., peanut butter) or traces of nuts. For the safety and security of our entire community, please make sure that your child does not bring any nut products to Camp, including foods made in a facility with nuts.

We are a strictly kosher facility and it is imperative that we do everything we can to maintain its integrity.

For these reasons, we ask parents to assist us in enforcing the following policies:

- On Opening Day and Visiting Day you may send your child to Camp with packaged snacks that are nut-free and certified Kosher.

# RULES & REGULATIONS

- Parents may not mail food replenishments.
- Any packages sent to campers will be inspected for food and not delivered.
- Please do not send food to our campers with guests or staff members.

In addition to meals, we provide daily snacks to all of our campers, as well as access to our canteen twice a week. If you have any questions or concerns about your child's diet while at Camp, please contact our [Director of Community Care and Inclusion](#).

## TECHNOLOGY

Camp is a special place – a chance to unplug and become immersed in the camp experience. At Ramah Berkshires we aim to disconnect (from technology), so we can reconnect (to ourselves and each other). In an effort to promote socialization, enhance communication skills, and give campers a break from the world of technology, Camp Ramah in the Berkshires is UNPLUGGED. Devices that have Wi-Fi or cellular capabilities, including cellphones, iPods, and Apple watches, should be left at home. Devices erroneously brought to Camp will be returned to the camper's family. Appreciating the importance of music, MP3 players (including the original iPod, iPod Shuffle, or Sansa clip) are permissible in Camp.

Below are links to examples of acceptable devices:

[Sandisk 8GB Clip Player](#)

[AGPTEK Shuffle Portable Player](#)

PHONES ON TRIPS: Part of the Ramah summer experience for our older campers in Bogrim, Machon, and Geshar is taking trips out of Camp together and exploring new places. When older campers are outside of Camp and travelling independently, they will be allowed to have cellphones so that they are always accessible to us, and we are always accessible to them. We will distribute their phones to them during these times and collect them afterward.

## ITEMS NOT PERMITTED AT CAMP

The following items are NOT permitted in Camp:

- Firecrackers (including sparklers)
- Knives
- Cigarette lighters
- Martial arts equipment
- Skateboards, scooters, rollerblades, Segways, bikes
- Hammocks

# RULES & REGULATIONS

- Bungee chairs
- Laser-pens
- Guns (including BB guns and water guns)
- Latex balloons
- Any device or appliance used to cook food, including but not limited to blenders, sandwich makers, hotpots, air poppers, soda stream, mini-refrigerators
- Alcohol
- Drugs and any drug paraphernalia
- Cigarettes, Cigars, JUULS, and any other e-cigarette type products or paraphernalia

**Please Note:**

Items on this list will be confiscated by camp leadership and will not be returned to your camper. All items will be discarded or donated.

# COMMUNICATION

The staff at Ramah Berkshires deeply appreciates the trust you put in us to care for your children during the summer. We take that responsibility seriously, and part of that responsibility is communicating effectively with you.

On the first day of Camp you will receive contact information for your child's edah yoetz/et (division advisor). This person serves as the parent liaison and is your direct line into Camp. You can expect a response within 24 hours of contacting them.

We do not allow campers to call home or receive phone calls during the summer. If our Camper Care team needs to collaborate with you about your child, they will reach out to you.

## OUR COMMUNICATION TO YOU

### Note from the Rosh Edah (division head)

Each week you will receive a short update about what your children are experiencing, including sports, al hagova (outdoor adventure), the agam (lake), cooking, arts and more.

### Friday newsletter

An edah-specific review of the past week's highlights and what's in store for the week ahead. This will also include the weekly Camp-wide recap video.

### Social media

Each day we'll post pictures, video clips, and updates to give you a glimpse into the fun and exciting activities happening at Camp. Be sure to visit Ramah Berkshires on [Facebook](#) and [Instagram](#)!

### Pictures

Our photographers work hard to capture a variety of campers and activities, and each week we post high-quality pictures by edah which you'll be able to access through your [CampInTouch dashboard](#) or the Companion app. Please do not offer rewards to campers for appearing in a certain number of pictures.

Remember that photos snap a moment in time. We encourage families not to draw conclusions from a singular photo or lack thereof. We try to take photos of everyone but we don't want the taking of pictures to replace the actual fun and excitement happening at Camp!

# COMMUNICATION

## MAIL

### Letters From Campers

Campers are encouraged to write home. Please do not be concerned if you have not heard from your child for a few days. Mail is sent and scanned from Camp daily, but is occasionally delayed. Please write to your child as often as desired and express your desire to hear from them. If you do not hear from your child for a long period of time, you may contact our Camper Care team.

For younger campers, we strongly recommend sending pre-addressed, pre-stamped envelopes.

### Letters To Campers

Your child will want to hear from you at least as much as you want to hear from your child. It is especially important that younger and first-time campers receive mail from home within the first 24 hours of Camp.

Please write to your child before Camp begins, so they can receive a letter the first day.

Mail to Wingdale takes three days from the New York/New Jersey area, but we recommend sending letters at least one week in advance.

Letters should be addressed to:

(Name of Camper), Bunk \_\_\_\_  
Camp Ramah in the Berkshires  
P. O. Box 515  
Wingdale, NY 12594

Please be sure to place the correct postage on letters. Postage errors may cause letters to be delayed or returned.

Parents can email their child(ren) through their [CampInTouch dashboard](#) or the Companion app. You can request that your campers write you back through this system. Other family members and friends can also write E-Mails to your campers. Please check out the “Online Community” section of your CampInTouch to add guest accounts. The Companion app is only available for use for parents and guardians. Each day, except Shabbat, emails are printed and distributed with the mail delivery. If you have questions about email, please contact our [Director of Community Care and Inclusion](#).

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# COMMUNICATION

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## **PACKAGE POLICY**

We encourage you to write or email your child regularly, but on advice from our security consultant and our experience, any packages sent to campers will be inspected to ensure that they contain only those items that have been precleared through the office. Items not precleared will not be delivered to your child.

We only accept FLAT packages.

## **VISITORS DURING CAMP SEASON**

We do our best to make Camp a "closed community." If you need to come to Camp for any reason (taking your child to an appointment, delivering an item, etc.), the visit must be pre-approved by our office staff so that your name can be added to our security list. Thank you for your help in ensuring the safety of our Camp community.

## **CONTACTING STAFF MEMBERS**

We are fortunate that many of our families are connected to staff in Camp. We ask that you not speak directly to your child's bunk counselors for information pertaining to your child. If you need information about your child or have a question, it is best to be in touch directly with the Camper Care team.

## RELIGIOUS OBSERVANCE

Ramah is the camping arm of the Conservative Movement, and we take seriously the aspects of our mission that are based on Jewish life, learning, and egalitarian tradition. Camp Ramah in the Berkshires encourages campers to explore their own commitment to God, Torah, and Israel. We also recognize that campers come to Camp from many different backgrounds, religious beliefs and types of home observance. We strive to be a nurturing and supportive Jewish environment for all our campers and staff.

At Camp, we believe it necessary to set some religious standards for our community. These standards include, but are not limited to, the general areas that follow.

### **Kashrut (Kosher certification)**

All the food prepared at Camp or brought into Camp must be certified kosher. If you have any questions about what constitutes kosher food for these purposes, please do not hesitate to contact us.

### **Tefillah (Prayer)**

All of our campers and staff are expected to pray each morning. All males are required, and females are encouraged, to wear a Kippah or head covering during tefillah (as well as at meals and throughout the day). All males over Bar-Mitzvah age are required, and females encouraged, to wear Tefillin and a Tallit or Tallit Katan at morning tefillot. Please make sure all Kippot, Tallitot, Tallit Bags, and Tefillin are clearly labeled with your child's full name.

### **Shabbat**

The creation of a sacred and separate Shabbat experience is among the primary goals of Camp Ramah. In order to create what Abraham Joshua Heschel famously called the "Palace in Time," we ask that all campers and staff refrain from writing, using electronics, playing instruments and other activities that have the effect of transforming Shabbat into "normal" time. Shabbat is among the most special experiences at Camp, and our campers and staff consistently tell us that Shabbat is vitally important to them. We ask everyone in our community to help us maintain Shabbat as a beautiful, restful, and meaningfully different sort of time each and every week of the summer.

Beyond Kashrut, Tefillah, and Shabbat there are many other ways in which we seek to infuse our program with Jewish rituals and Jewish ideas. We recite blessings at the beginning and end of meals, we create learning spaces for Jewish texts and traditions, we engage with the State of Israel and the history of our people. We are proud to be a Jewish educational camp, and we hope you will help us fulfill this part of our mission by preparing your camper/s to be a part of the Jewish community and experience we are trying to create.

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# CLOTHING AT CAMP

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## DRESS CODE

As a Jewish camp, a kippah or headcovering is encouraged to be worn at all times.

When not at the agam (lake), a shirt must be worn that covers the midriff.

Any clothing with profanity or inappropriate words, phrases, or symbols may not be worn. We also don't permit clothing that advertises alcoholic beverages, cigarettes, drugs, or illegal substances.

## Shabbat attire

One of the ways in which we separate Shabbat from the rest of the week is by having an elevated form of dress. For those wearing shirts (as opposed to dresses), an appropriate button-down blouse or collared shirt is required. During service times on Shabbat, jeans, sweatpants and sport shorts are not permitted.

## Erev Shabbat (Friday night)

In order to create a communal atmosphere, all members of the Camp community must wear a white shirt, dress, or sweater. T-shirts are not permitted. Please be sure to pack enough appropriate white tops for Shabbat.

Keeping in mind that there is a lot of uneven ground in Camp, choose footwear for Camp carefully. High heels should be avoided, as they can cause serious injury.

## LAUNDRY

Laundry is done weekly during the summer. Campers will be provided a laundry bag at the beginning of their session which will be picked up by a service and returned to Camp the next day. All clothing should be clearly labeled with the camper's full name and should be wash and wear. We will not be able to properly launder specialty blouses, shirts, dresses, etc. Do not send any "dry clean only" items. As with any laundry service, occasionally items are lost, discolored, or even ruined.

At the end of their session, campers must return their laundry bag.

## LOST AND DAMAGED ITEMS

During the summer, you should expect that your child's clothing will experience normal wear and tear and that there will be occasional losses. Camp stocks several personal items, such as shampoo, hairbrushes, and toothbrushes that will be given to your child as needed. If your child is missing something critical you should contact your yoetz/et (parent liaison) to discuss and if deemed necessary and appropriate, we will make arrangements with you to send or replace the missing item.

Please do not send expensive or valuable items to Camp. Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

# ADDITIONAL INFORMATION

## RADIO PROGRAM

The camp radio station, Kol Ramah 102.3 FM, broadcasts 24 hours a day, 6 days a week, playing both Israeli and American music. Campers participate throughout the summer in broadcasting and playing music on the air. You can download many Camp podcasts from Apple Podcasts.

## SECURITY

Our primary concern, since Camp Ramah was founded, has been keeping our campers and staff safe. Ramah is a place where campers are and have always felt safe. It is a caring and nurturing environment in which all programs, in and out of Camp, are planned with safety as the first priority.

To ensure as secure an environment as possible for our campers, the professional staff and the Board of Trustees have designed the following protocols regarding safety and security:

- The main entrance to Camp is staffed by a security guard 24 hours a day, 7 days a week. All other entrances will be locked.
- All visitors and deliveries will be stopped at the security gate. No unexpected visitors will be allowed into Camp.
- All visitors will be required to wear identification name badges.
- All staff can be identified by a name badge.

# DIVISIONS

## עדות

Campers are divided by age groups, into divisions called edot.

### מחנה א' Machaneh Aleph | A-Side

טעם רמה *Ta'am Ramah* "Taste of Ramah" Entering 3rd grade

כוכבים *Cochavim* "Stars" Entering 4th grade

ניצנים *Nitzanim* "Flower Buds" Entering 5th grade

שורשים *Shorashim* "Roots" Entering 6th grade

צעירים *Tzeirim* "Youth" Entering 7th grade

### מחנה ב' Machaneh Bet | B-Side

סוללים *Solelim* "Trail Blazers" Entering 8th grade

בוגרים *Bogrim* "Graduates" Entering 9th grade

מכון *Machon* "Institute" Entering 10th grade

גשר *Gesher* "Bridge" Entering 11th grade

### Supporting campers with disabilities

תקוה *Tikvah* "Aspiration" Ages 11-15

# SAMPLE CAMPER SCHEDULE

## A-SIDE

## B-SIDE

<b>7:30 AM</b>	Boker Tov! Good Morning!	
<b>8:00 AM</b>	Breakfast	Boker Tov! Good Morning!
<b>8:30 AM</b>	Tefillot (morning prayers) by edah (division)	Tefillot (morning prayers) by edah (division)
<b>9:15 AM</b>	Special A-Side games & competitions	Breakfast (9:00 – 9:30)
<b>10:00 AM</b>	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more	Nikayon – Clean-up contests
<b>11:00 AM</b>	Yahadut (Jewish Learning)	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more
<b>12:00 PM</b>	Swim (free, instruction, boating, water toys, etc.)	Yahadut (Jewish Learning)
<b>1:00 PM</b>	Lunch	Swim in Lake Ellis
<b>2:00 PM</b>	Sha'at Menucha - “down” time in the bunk to read, rest, and to write and read mail	Lunch
<b>3:00 PM</b>	Rotating activity – Rockwall, Ninja Course, Cooking, Animal Care, and more	Peulat Tzrif (Bunk Activity)
<b>4:00 PM</b>	Peulat Tzrif (Bunk Activity)	Intramural (and inter-division/edah) athletic leagues
<b>5:00 PM</b>	Sports (basketball, softball, soccer, etc.)	
<b>6:00 PM</b>	Dinner	Shower time
<b>7:00 PM</b>	Peulat Erev (evening activity) by division	Dinner
<b>8:00 PM</b>	Return to bunk for showers	Peulat Erev (evening activity) by division
<b>8:30 PM - 9:15 PM</b>	Lights out	
<b>9:00 PM</b>		Return to bunk for showers
<b>9:45 PM - 10:00 PM</b>		Lights out

**NOTE: This is just a sample and is subject to change.**

# KAYITZ 2026 PACKING LIST

Suggested for 2-week, 4-week, and Full Season Campers!

## EVERYDAY CLOTHING

- 10-15 t-shirts
- 10 pairs of shorts
- 2 pairs of pants/jeans
- 2-3 pairs of athletic pants, sweatpants, or leggings
- 4 pairs of pajamas or sleepwear
- 4 long sleeve shirts
- 3 sweatshirts/sweaters
- 4-6 kippot with clips (required for boys, encouraged for girls)

## SHABBAT CLOTHING

- 4-6 skirts and tops, or dresses (including 3-4 white tops or cardigans for Friday Night)
- OR**
- 5-6 dress, collared, or polo shirts (including 4 white for Friday Night)
- 2-3 pairs of khaki or chino pants or shorts

## UNDERWEAR & SWIMWEAR

- 5-6 bathing suits
- 15 pairs of underwear
- Bras (if worn): 2-4 bras and 2-4 everyday bras that can go in Camp laundry

## SOCKS & SHOES

- 20 pairs of socks
- 2 pairs of sneakers (1 for rainy days)
- 1-2 pairs of nicer shoes for Shabbat
- 2 pairs of sandals/flip-flops
- 1 pair of rainboots

## OUTERWEAR

- 1 medium-weight jacket
- 1 durable raincoat or poncho

## BEDDING & LAUNDRY

- 2 flat sheets (cot or twin size)
- 2 fitted sheets (cot or twin size)
- 1 warm blanket
- 1 washable comforter
- 1 pillow
- 2 pillow cases
- 1 large laundry bag
- 1 small mesh/sock laundry bag

## TOILETRIES

- 2 toothbrushes
- 1 toothpaste
- 1 plastic drinking cup
- 1 soap/body wash
- 1 shampoo
- 1 conditioner

- 1 deodorant (if needed)
- 1 comb/brush
- 1 box of tissues
- 1 shower caddy/mesh container
- 1 razor (if needed)
- Sanitary pads and/or tampons (if needed)

## EQUIPMENT

- 1 sleeping bag (overnight trips; last night of Camp)
- 1 pair of cleats (if needed)
- 1 pair of shin guards (if needed)
- 1 softball glove (if needed)

## BAGS

- 1-2 soft trunks or duffel bags
- 1 carry-on/backpack

## REQUIRED PERSONAL ITEMS

- At least 1 orange, 1 yellow, 1 green, 1 blue t-shirt for Yom Sport (Color War - 2nd session)
- Insect repellent/bug spray
- 1 baseball/brimmed hat
- 1 flashlight with extra batteries
- 2 reusable water bottles
- Sunscreen
- Tallit & Tefillin (required for boys above Bar Mitzvah age; encouraged for girls above Bat Mitzvah age)
- 3 white t-shirts for crafting

## BATH

- 4 wash cloths or a "loofa"
- 5 bath towels
- 5 beach towels (rising 8-11 graders ONLY)\*\*
- 1 bathrobe (if use)

## OPTIONAL

- Family photos
- Pens, pencils, stationery, stamps (we suggest pre-addressed/pre-stamped envelopes)
- Sunglasses
- Hangers
- Board and card games
- Books and magazines
- Personal rug
- Battery-operated fan
- Musical instruments
- Camping folding chair (no bungee chairs)
- Bed time comfort items/stuffed animal
- Shoe bag with pockets for storage
- Water shoes
- Battery-operated watch

\*\* Beach towel service is provided for rising 3-7 grade campers.

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# **Bogrim Etgar Packing List**

Additional Items for Campers attending the Bogrim Etgar

- 13 pairs high socks –Synthetic or wool**
- 1 full set of underclothing – Synthetic or wool**
- 1 pair long pants – Synthetic, quick drying**
- 3 t-shirt- not cotton**
- 2 pair of shorts**
- 1 fleece or synthetic Sweatshirt**
- Raincoat or poncho – Waterproof/breathable**
- Shell pants (optional)**
- Hat – sun hat with wide Brim**
- Sleeping bag with stuff sack or compression sack**
- Headlamp or flashlight**
- Extra batteries**
- 2 One-liter water bottles**

# KAYITZ 2026 PACKING LIST: TA'AM

## EVERYDAY CLOTHING

- 8 t-shirts
- 7 pairs of shorts
- 3 pairs of pants/jeans
- 2-3 pairs of athletic pants, sweatpants, or leggings
- 3 pairs of pajamas or sleepwear
- 2 long sleeve shirts
- 2 sweatshirts/sweaters
- 4-6 kippot with clips (required for boys, encouraged for girls)

## SHABBAT CLOTHING

- 2 skirts and tops, or dresses (including 1 white top or cardigan for Friday Night)
- OR**
- 2 dress, collared, or polo shirts (including 1 white for Friday Night)
  - 2 pairs of khaki or chino pants or shorts

## UNDERWEAR & SWIMWEAR

- 2 bathing suits
- 10 pairs of underwear

## SOCKS & SHOES

- 10 pairs of socks
- 2 pairs of sneakers (1 for rainy days)
- 1 pair of nicer shoes for Shabbat
- 1 pair of sandals/flip-flops
- 1 pair of rainboots

## OUTERWEAR

- 1 medium-weight jacket
- 1 durable raincoat or poncho

## BEDDING & LAUNDRY

- 2 flat sheets (cot or twin size)
- 2 fitted sheets (cot or twin size)
- 1 warm blanket
- 1 washable comforter
- 1 pillow
- 2 pillow cases
- 1 large laundry bag
- 1 small mesh/sock laundry bag

## TOILETRIES

- 1 toothbrush
- 1 toothpaste
- 1 plastic drinking cup
- 1 soap/body wash
- 1 shampoo
- 1 conditioner

- 1 deodorant (if needed)
- 1 comb/brush
- 1 box of tissues
- 1 shower caddy/mesh container

## EQUIPMENT

- 1 sleeping bag (for last night of Camp)

## BAGS

- 1 soft trunk or duffle bag
- 1 carry-on/backpack

## REQUIRED PERSONAL ITEMS

- Insect repellent/bug spray
- 1 baseball/brimmed hat
- 1 flashlight with extra batteries
- 2 reusable water bottles
- Sunscreen
- 1 white t-shirt for crafting

## BATH

- 2 wash cloths or a "loofa"
  - 2 bath towels
  - 1 bathrobe (if use)
- NOTE: Beach towel service is provided

## OPTIONAL

- Family photos
- Pens, pencils, stationery, stamps (we suggest pre-addressed/pre-stamped envelopes)
- Sunglasses
- Hangers
- Board and card games
- Books and magazines
- Personal rug
- Battery-operated fan
- Musical instruments
- Camping folding chair (no bungee chairs)
- Bed time comfort items/stuffed animal
- Shoe bag with pockets for storage
- Water shoes

# BUS CARRY-ON LIST

## CHANGE OF CLOTHES

- 1 t-shirt
- 1 pair of shorts
- 1 undergarment
- 1 pair of socks
- 1 pair of sneakers

## EXTRA

- 1 filled water bottle
- 1 sweatshirt for bus
- 1 book for bus (optional)
- 1 MP3 player (optional)

# CAMPINTOUCH INSTRUCTIONS

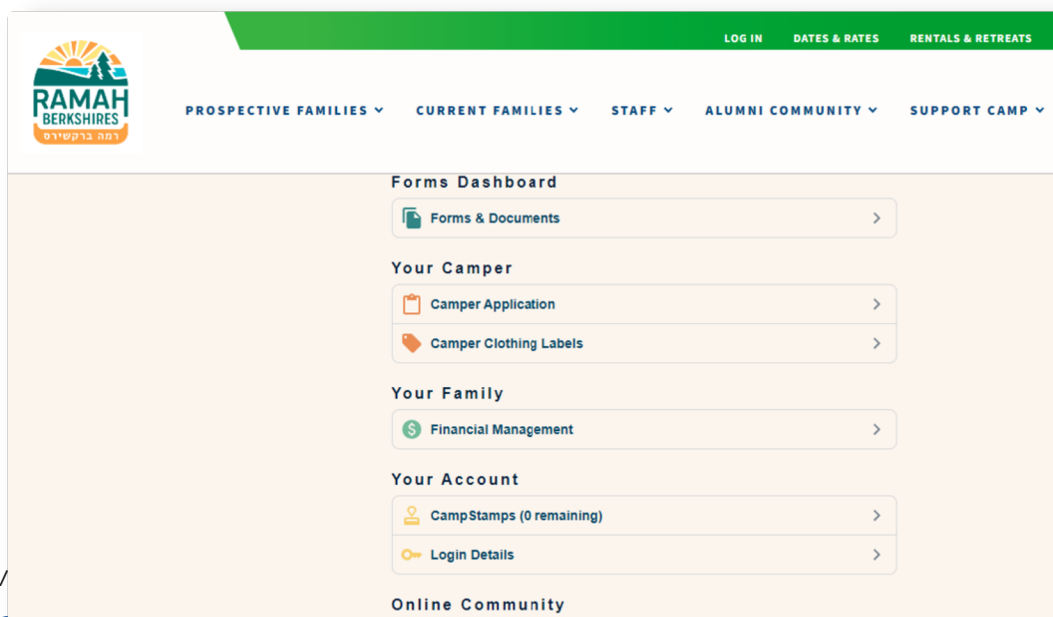
All families are provided with access to the [CampInTouch dashboard](#) for daily uploaded photos and where they can send emails to their campers during the summer.

Please follow the directions below to access your [CampInTouch dashboard](#):

- Go to [www.ramahberkshires.org](http://www.ramahberkshires.org)
- Click on the “Log In” Button



- Log in with your email and password. If you have forgotten your password or are locked out of your account, please contact the Camp office to assist you.
- This is your dashboard where you can access your forms, review your financial statements, view daily uploaded photos and email your camper during the summer.



If you have any questions, please email [info@ramahberkshires.org](mailto:info@ramahberkshires.org) or call 845-652-8822.

# CAMPANION APP INSTRUCTIONS

## 3 easy steps to register for Kayitz '25

- Download the Companion app
- Log in using your CampInTouch name and password
- Tap the Registration option in the menu

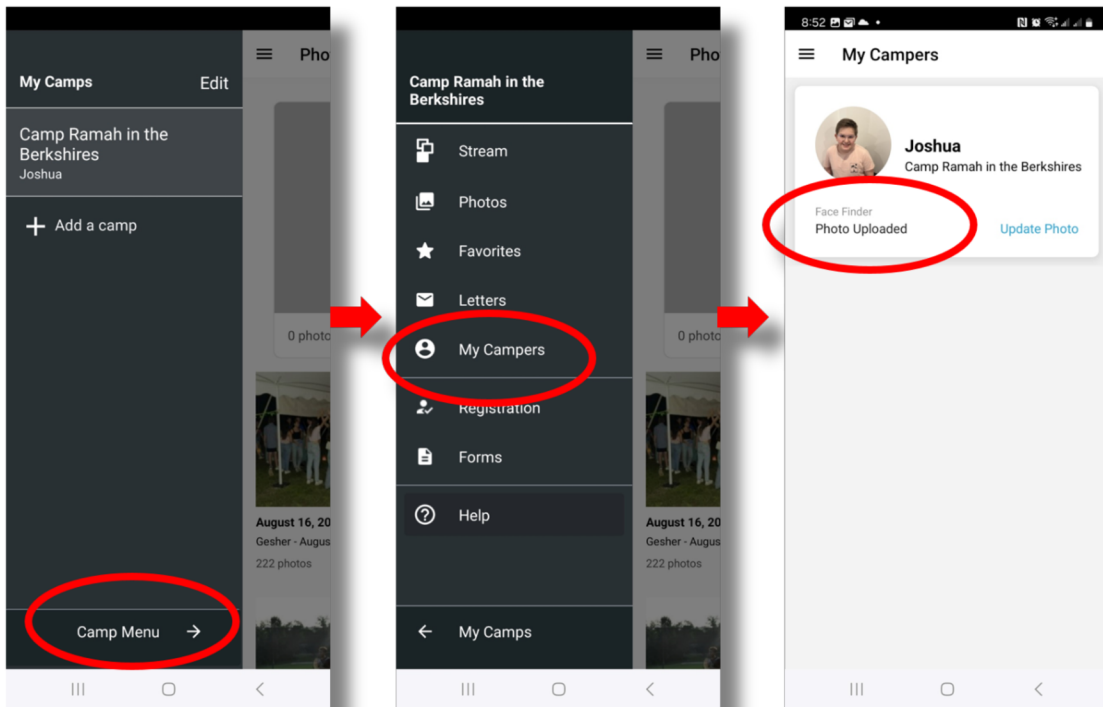


The Companion app helps you connect with Camp and your campers like never before.

Some of the features...

- Facial recognition on pictures
- Download and share pictures
- Receive Camp notifications
- Send letters directly to your children
- Fill out Camp forms right from your phone

Once you download the app, you will be prompted to load a photo of your camper (different from when you first registered), and the software will do the rest.



Scan here to download the Companion app:

[App Store](#)

[Google Play](#)



# GLOSSARY

## מלון

100 words	<i>Me'ah Milim</i>	מאה מילים
A-Side Fun and Spirit	<i>Makor (Machaneh Aleph Kef V'Ruach)</i>	מקור
Activity	<i>Peulah</i>	פעולה
Advisor (male/female)	<i>Yoetz/et</i>	יועץ/יועצת
Advisors (male/female)	<i>Yoatzim/yoatzot</i>	יועצים/יועצות
Announcement/s	<i>Hoda'ah/hodaot</i>	הודעה/הודעות
Arise (in the morning)	<i>Kima</i>	קימה
Arts and Crafts	<i>Omanut</i>	אומנות
Assistant (to the Head)	<i>S'gan (Rosh)</i>	סגן (ראש)
Auditorium	<i>Beit Am</i>	בית עם
Baseball	<i>Kadur Basis</i>	כדור בסיס
Basketball	<i>Kadur Sal</i>	כדור סל
Bedtime story	<i>Harga'ah</i>	הרגעה
Bicycle	<i>Ofanayim</i>	אופניים
Blessing over bread (at opening of a meal)	<i>Birkat Hamotzi</i>	ברכת המוציא
Blessings after a meal	<i>Birkat Hamazon</i>	ברכת המזון
Breakfast	<i>Aruchat Boker</i>	ארוחת בקר
Broom	<i>Matateh</i>	מטאטא
Bunk activity	<i>Peulat Tzrif</i>	פעולת צרף
Bunk/s	<i>Tzrif/im</i>	צרף/צריפים
Camp	<i>Machaneh</i>	מחנה
Camper (male/female)	<i>Chanich/ah</i>	חניך/חניכה
Campers (male/female)	<i>Chanichim/chanichot</i>	חניכים/חניכות
Campfire	<i>Medurah</i>	מדורה
Campfire circle	<i>Igul</i>	עגול
Canteen	<i>Chanutiyah</i>	חנותיה
Challenge (backpacking trip)	<i>Etgar</i>	אתגר
Clean-up	<i>Nikayon</i>	ניקיון
Color War (Cochavim - Shorashim)	<i>Maccabiah</i>	מכביה
Committee/s	<i>Va'ad/va'adot</i>	ועד/ועדות
Community	<i>Kehillah</i>	קהילה
Cookie	<i>Ugiah</i>	עוגיה
Cookout / BBQ	<i>Bishul</i>	בישול
Counselor (male/female)	<i>Madrich/ah</i>	מדריך/מדריכה
Counselors (male/female)	<i>Madrichim/madrichot</i>	מדריכים
Dance festival	<i>Rikudiyah</i>	ריקודיה
Dancing	<i>Rikud</i>	ריקוד
Day	<i>Yom</i>	יום
Dining Room	<i>Chadar Ochel</i>	חדר אכל
Dinner	<i>Aruchat Erev</i>	ארוחת ערב
Director (male/female)	<i>Menahel/et</i>	מנהל/מנהלת
Division head/s	<i>Rosh Edah/Rashei Edot</i>	ראש עדה/ראשי עדות
Division/s of campers	<i>Edah/edot</i>	עדה/עדות
Doctor (male/female)	<i>Rofeh/rofah</i>	רופא/רופאה
Drama	<i>Dramah</i>	דרמה
Dust pan	<i>Ya'eh</i>	יעה
Edah activity	<i>Peulat Edah</i>	פעולת עדה
Education	<i>Chinuch</i>	חינוך

# GLOSSARY

## מלון

Elective/s	<i>Bechirah/bechirot</i>	בחירה/בחירות
End of Shabbat ceremony	<i>Havdallah</i>	הבדלה
Evening activity	<i>Peulat Erev</i>	פעולת ערב
Example	<i>Dugmah</i>	דוגמה
Family	<i>Mishpachah</i>	משפחה
Farm	<i>Chavah</i>	חוה
Field	<i>Kikar</i>	כיכר
Football	<i>Kadur regel</i>	כדור רגל
Free Swim	<i>S'chiyah Klallit</i>	שחייה כללית
Free Time	<i>Z'man chofshi</i>	זמן חופשי
Friday night	<i>Erev Shabbat</i>	ערב שבת
Gesher lounge ("The Gesh Mo")	<i>Moadon Gesher</i>	מועדון גשר
Good Morning	<i>Boker Tov</i>	בקר טוב
Head of sports	<i>Rosh Sport</i>	ראש ספורט
Head of waterfront	<i>Rosh Agam</i>	ראש אגם
Head/s of a specialty area	<i>Rosh Anaf/Rashei Anaf</i>	ראש ענף/ראשי ענף
Hebrew	<i>Ivrit</i>	עברית
Holy community	<i>Kehillah kedoshah</i>	קהילה קדושה
Infirmary	<i>Mirpe'ah ("Marp")</i>	מרפאה
Instructional Swim	<i>Imun s'chiyah</i>	אימון שחייה
International staff	<i>Tzevet binleumi</i>	צוות בינלאומי
Israeli staff	<i>Mishlachah</i>	משלחת
Jewish learning	<i>Yahadut</i>	יהדות
Job/s	<i>Tafkid/im</i>	תפקיד/תפקידים
Kitchen	<i>Mitbe'ach</i>	מטבח
Kitchen program	<i>Mitbachon</i>	מטבחון
Lake	<i>Agam</i>	אגם
Library	<i>Sifiriyah</i>	ספריה
Lunch	<i>Aruchah Tzohorayim</i>	ארוחת צהריים
Mailroom	<i>Merkaz</i>	מרכז
Management	<i>Hanhallah</i>	הנהלה
Meal/s	<i>Aruchah/aruchot</i>	ארוחה/ארוחות
Meeting	<i>Pegishah</i>	פגישה
Nature	<i>Teva</i>	טבע
Night	<i>Lailah</i>	לילה
Nightwatch duty	<i>Shmirah</i>	שמירה
Office	<i>Misrad</i>	משרד
Outdoor adventure	<i>Al Hagovah</i>	על הגובה
Palmer Day (Sport Competiton with Ramah New England)	<i>Yom Palmer</i>	יום פלמר
Performance arts	<i>Hofa'ah</i>	הופעה
Period/s on the schedule	<i>Perek/prakim</i>	פרק/פרקים
Place/s (noun)	<i>Makom/mekomot</i>	מקום/מקומות
Play performance	<i>Hatzagah</i>	הצגה
Porch	<i>Mirpesset</i>	מרפסת
Prayer/s	<i>Tefillah/tefillot</i>	תפילה/תפילות
Preparation	<i>Hachanah</i>	הכנה
Programming Director (male/female)	<i>Merakez/et</i>	מרכז/מרכזת
Proper behavior	<i>Derech erez</i>	דרך ארץ

# GLOSSARY

## מלון

Rest time	<i>Sha'at menuchah</i>	שעת מנוחה
Rotation/s	<i>Sivuv/sivuvim</i>	סיווב/סיוובים
Schedule/s	<i>Shigrah/shigrot</i>	שיגרה/שיגרות
Singing	<i>Shirah</i>	שירה
Snack	<i>Chatif</i>	חתיף
Song festival	<i>Zimriyah</i>	זמריה
Specialized area	<i>Shetach</i>	שטח
Specialty area	<i>Anaf</i>	ענף
Specialty staff (male/female)	<i>Miktzo'ey/miktzo'it</i>	מקצועי/מקצועית
Specialty staff (plural)	<i>Miktzo'im</i>	מקצועים
Spirit	<i>Ruach</i>	רוח
Sport Competition Day (Color War)	<i>Yom Sport</i>	יום ספורט
Sports	<i>Sport</i>	ספורט
Sports field	<i>Migrash</i>	מגרש
Staff	<i>Tzevet</i>	צוות
Staff lounge ("The Mo")	<i>Moadon tzevet</i>	מועדון צוות
Summer	<i>Kayitz</i>	קיץ
Swimming	<i>S'chiyah</i>	שחייה
Teacher (male/female)	<i>Moreh/morah</i>	מורה/מורה
Teachers	<i>Morim</i>	מורים
Team sport	<i>Chug</i>	חוג
Tennis	<i>Tennis</i>	טניס
Themed programming run by counselors (Thu/Fri)	<i>Yom Hav</i>	יום הב
Tishah B'Av (fast day)	<i>Tishah B'Av</i>	תשעה באב
Training	<i>Hadrachah</i>	הדרכה
Trip (noun)	<i>Tiyul</i>	טיול
Visiting Day	<i>Yom [Hachnasat] Orchim</i>	יום הכנסת אורחים
Volleyball	<i>Kadur Af</i>	כדור עף
Welcome	<i>Bruchim Haba'im</i>	ברוכים הבאים



**RAMAH**  
BERKSHIRES

רמה ברקשירס

