



## Camp Be'chol Lashon Packing List

### IMPORTANT:

1. **Please label all campers' clothes with their name.** Be'chol Lashon is not responsible for lost or damaged items at camp.
2. Campers should bring layers, as it can get cold at night.
3. The packing list below is for 1 week. Please note: We do not have laundry service. However, we do occasionally have access to the facility laundry.
4. If you have a Be'chol Lashon T-shirt, please bring it with you.

### Essential items:

- (5-7) t-shirts
- Nice white shirt/blouse/dress for Shabbat
- Sweater/fleece
- Waterproof jacket
- Fleece/sweatpants
- (2-3) Jeans/long pants
- (2) Shorts
- (8) Pairs of underwear
- Warm pajamas
- (8) Pairs of socks
- Closed toe shoes/sneakers/water shoes
- (2) Swimsuits / cover-ups
- (2) Towels
- Sleeping bag / pillow
- Reusable water bottle
- Sunglasses
- Hat (sun and warm)
- Flashlight / batteries
- Toiletries (toothbrush, toothpaste, lotion, shampoo, conditioner, sunscreen, insect repellent, etc.) preferably in a shower caddy or plastic bag

### Optional:

- Dress/slacks for dance party
- Instruments – drums, guitars, etc.
- Camera
- Favorite blanket
- Book
- Goggles
- Flip flops

### DO NOT bring:

- PLEASE LEAVE ALL CELL PHONES, TABLETS, LAPTOPS and HANDHELD GAME DEVICES AT HOME

*Inexpensive mp3 players are allowed for music listening purposes*



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- Expensive items
- Bikes/skateboards

### Contact information

There is no cell phone service at Walker Creek Ranch. If you need to contact your child or a staff member, call the Walker Creek Ranch office at **415-491-6603**. Please leave a message with your full name, your camper's name and the best way to reach you. Alternatively, you can email [camp@bechollashon.org](mailto:camp@bechollashon.org). We will get back in touch with you as soon as we can.

If you would like to send your child letters during camp, please address them to: **c/o Camp Be'chol Lashon 1700 Marshall Petaluma Rd, Petaluma, CA 94952**.

### CAMP BE'CHOL LASHON CELL PHONE POLICY:

Please help your campers "Unplug" by leaving all electronics (including cell phones, laptops, tablets and handheld game devices) at home! We encourage campers to take advantage of the opportunity to connect and build community with their fellow campers without the many distractions of technology.

We believe that being at camp is an opportunity for your child to experience a world beyond home and a chance for you and your child to practice "letting go." "Letting go" allows children to develop autonomy, independence, and a stronger sense of self. It allows them to make new friends, take responsibility for themselves and their bunkmates, problem solve, and mature a bit.

We recognize that some campers will be traveling to camp alone and will have their cell phone with them to keep in touch with parents during their trip. These campers will be able to call and/or text their parent/s to let them know they arrived safely. After arrival at camp, campers are required to give their cell phones to camp staff. The phones will be returned at the end of the session before leaving.

### MUSIC

Since music is such a significant part of CBL and each camper's identity, we want to incorporate that aspect into camp.

### IPOD/MP3 Players

Campers are allowed to bring their music to camp on an inexpensive mp3 player, NOT a cell phone. We STRONGLY recommend that your child leave expensive music players at home. We also ENCOURAGE campers with a Spotify account to create a playlist to share with the group. For campers without a Spotify account, CBL has created an account for camp. Campers are welcome to create a playlist with their name as the title and add age appropriate songs (no explicit language). To access this service, visit <https://www.spotify.com/us/> and use the following username and password to access our account: Username: bechollashon password: cbl2018.

We look forward to listening! We all are looking forward to a fun filled, safe, and productive summer! We appreciate your cooperation. Here are some additional resources that you might find useful:



## **Camp Be'chol Lashon Packing List**

Dear Mom, don't pack my phone for camp

<https://www.common sensemedia.org/blog/dearmomdontpackmyphoneforcamp>

Help your child combat the homesick blues during sleep away camp

<https://www.washingtonpost.com/news/parenting/wp/2016/05/24/helpyourchildcombatthehomesickbluesduringsleepawaycamp/>

I send my kids to sleepaway camp to give them a competitive advantage in life

[https://www.washingtonpost.com/news/parenting/wp/2016/05/09/cansleepawaycampgivekidsacompetitiveadvantageinlife/?hpid=hp\\_hpmoretopstories\\_parentingcamp105pm%3Ahomepage%2Fstory](https://www.washingtonpost.com/news/parenting/wp/2016/05/09/cansleepawaycampgivekidsacompetitiveadvantageinlife/?hpid=hp_hpmoretopstories_parentingcamp105pm%3Ahomepage%2Fstory)