



## Camp Be'chol Lashon Packing List

**Please note:** Some of you are staying 7 days and some of you 14, so please pack accordingly. The weather at Walker Creek Ranch is usually warm during the day, but cooler in the morning and evening.

### Essential items:

- T-shirts (if you have a Be'chol Lashon T-shirt, bring it with you)
- Shorts
- Long pants (Sweatpants / Jeans)
- Warm top (Sweatshirt / Jacket)
- White shirt / dress for Shabbat
- Underwear
- Pajamas
- Socks / Shoes
- Swim suits / Flip flops
- Towels
- Sleeping bag / pillow / optional blanket
- Toiletries (toothbrush, toothpaste, lotion, shampoo, sunscreen, insect repellent, etc.)
- Reusable water bottle
- Day backpack for water bottle, etc.
- Sunglasses / Sun Hat
- Flashlight / batteries

### Optional:

- Instruments – drums, guitars, etc.
- Camera
- Book

**DO NOT bring:** CELL PHONES, TABLETS, LAPTOPS and HANDHELD GAMES (see next page for more information).

**IMPORTANT: Please label all campers' clothes and possessions with their name.** Be'chol Lashon is not responsible for lost or damaged items at camp.

### Contact information

If you need to contact your camper or a staff member, please email [camp@GlobalJews.org](mailto:camp@GlobalJews.org) and we will get back to you as soon as we can. In case of emergency, please call (415) 730-2079 or leave a message at (415) 491-6600 and we will call you back.



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### Cell Phone Policy

Help your campers "Unplug." Please leave electronics (including cell phones, laptops, tablets and handheld games) at home! We encourage campers to take advantage of the opportunity to connect and build community with their fellow campers without the distractions of technology.

Camp is an opportunity for your child to experience a world beyond home. It's a chance for you and your child to practice "letting go", allowing 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 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.

### Music

Since music can be a significant part each camper's identity, we incorporate that aspect into camp. Campers are allowed to bring their music to camp on an **IPOD/MP3 player**, NOT a cell phone. We **STRONGLY** recommend that your child leave expensive music players at home.

### Homesickness

Homesickness is a fact of life. It's human nature to pine for what is known and comfortable, and a stay at summer camp — even for a seasoned camper — can generate pangs of longing for the comforts of home: mom, dad, a sibling, a family pet, etc.

At camp, we acknowledge homesickness as a valid emotion; we don't diminish the feeling. We use our own experiences as former campers and adults away from home to help guide campers through those feelings of unease and discomfort. Successfully navigating a sleepaway camp experience requires preparation both on the part of the parent and the camper to ensure a camp experience that builds the skills to deal with setbacks such as homesickness, rather than one that is overshadowed by such emotions.

We appreciate your cooperation and are looking forward to a fun-filled, safe, and productive summer!