



PARENT & CAMPER GUIDEBOOK FOR A WONDERFUL SUMMER 2009

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

- **What to Bring**
- **Bus Departure and Return Information**
- **Behavior Expectations**
- **Our Bunking Procedure**
- **And Much More!**

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

THE FAMILY - TAWONGA PARTNERSHIP

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

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

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

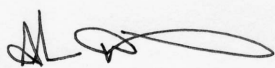
Going to summer camp involves these joys as well as challenges. Some challenges are physical, such as backpacking through Yosemite or scaling a 30-foot climbing wall at the challenge course. Others are emotional, such as learning how to share living space in a cabin with twelve campers and two staff,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

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

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

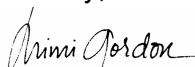
This guidebook covers these and many more topics in detail. Please read it thoroughly, discuss it with your child, and call us if you have any questions at (415) 543-2267.

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

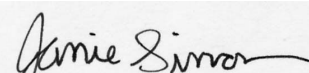


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Fondly,



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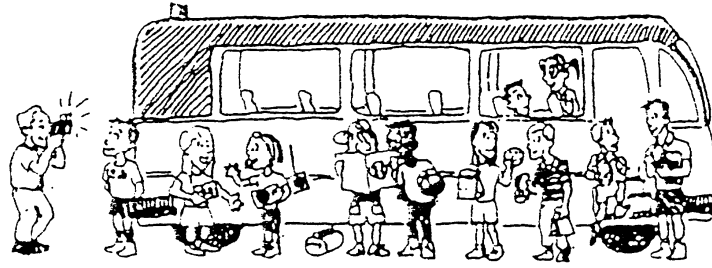
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Please remember to:

Keep this booklet. The information it contains is updated annually and will be useful before and throughout the summer, whether your family is new to Camp Tawonga or returning.

If you have any questions or concerns, call us at (415) 543-2267.



ADJUSTING TO SUMMER CAMP

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

HOMESICKNESS

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

Some parents receive a "homesick letter" from their child within the first few days of a session. What should you do if this happens? First of all, don't panic. The letter most likely was written within the first 24 hours of arriving at camp. By the time you receive the letter your child has probably already adjusted to camp and is having a good time. Do write an encouraging letter right away. If you receive a second letter that sounds unhappy, call the camp office in San Francisco at (415) 543-2267; we will follow up with our staff at camp and let you know how your child is doing within 24 hours of your call.

CAMPERSICKNESS

Sometimes a child's departure for summer camp can also produce anxiety for a parent. While campers may feel homesick, some parents experience "campersickness." This is a normal part of your family's summer camp experience. We encourage you to project confidence and excitement to your child as he or she prepares for camp, even though you may be feeling nervous or are anticipating missing your child. Often a child's attitude about leaving home mirrors the attitude of his or her parent. You can contribute to the success of your child at camp by encouraging the camper to have a great time.

PREPARING YOUR CHILD FOR CAMP

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

Here are a few helpful things to say:

- "Tawonga knows how to contact me if they need to."
- "I will be at _____ while you're at camp and will write to you regularly."
- "I love you and I'm really happy that you will be having this wonderful experience."

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

- "I'll pick you up early if you get too homesick."
- "Just try a week and see how you like it."
- "You have to go to camp because we need a vacation."
- "You can call me anytime."
- "I'll send you a package with food."

It is important that you help prepare your child for camp with words of encouragement. However, it is also essential that you are clear and honest with your child about camp and do not give false impressions about expectations.

MEETING WITH THE DIRECTORS

Please let us know of any special circumstances in your child's life. This will assist the counselors and other staff in providing the best possible experience for your child. Sensitive issues will only be shared with the appropriate staff and never with other children. If you would like to meet with one of the directors before camp, please call the camp office and make an appointment before May 1, 2009. Some children adjust better to camp if they know a director.

AFTER-CAMP FEEDBACK

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

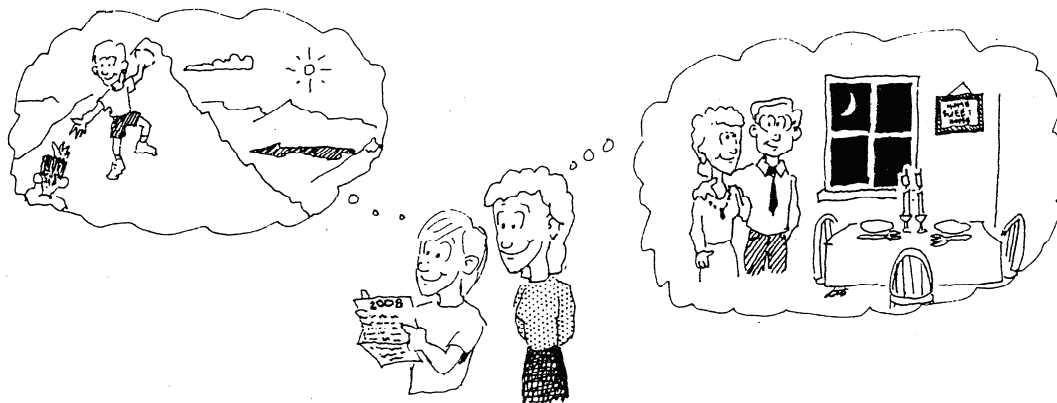
TELEPHONES

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

Cell phones are not allowed at camp. There is no cell phone reception at camp and no need for cell phones; camp staff will always have a way to get in touch with you, should the need arise. For these reasons, as well as the likelihood that phones will get lost or broken, we ask that children do not bring cell phones with them to camp.

VISITING

There is no visiting during camp. It is important for your child's sense of independence and self-reliance to have this uninterrupted time away from home. If you'd like to see camp, please consider attending one of our weekend programs. This is a great way both to experience all the fun and excitement of camp and to introduce your child to a new environment. For a list of programs offered, please visit our website at www.tawonga.org. You can also arrange to tour camp during one of our family camp weekends. To do so please call the San Francisco office at least three weeks prior to the scheduled program.



JUDAISM AT CAMP TAWONGA

It is our goal to integrate Jewish values, connection to Israel, and positive Jewish identification into the entire camp experience. Toward these ends, campers and staff are given the opportunity to experience the richness and diversity of Jewish culture and ritual through Shabbat celebrations, Havdalah, storytelling, blessings at meals, meeting Israeli *Shlichim* (messengers), and other special programs. Our goal is to help all Tawongans achieve wholeness (*shleimut*) and integrity by learning Jewish values and ethics. Our camp community welcomes and encompasses a broad spectrum of Jewish identities and experiences. We hope children will take the values of camp with them to enrich and improve their lives at home, at school, and in their relationships.

BAR AND BAT MITZVAH STUDY

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

Group study sessions will be facilitated by staff twice weekly. Please alert our office if your camper plans to attend these study sessions. Campers should bring their own study materials. If you have any questions, please contact our office at (415) 543-2267.

SWIMMING AT CAMP TAWONGA

The Babylonian Talmud teaches us that among the things a parent must do for a child is to teach him or her how to swim. At Tawonga we strive to help you in this endeavor in a way that is fun and safe. We exceed the American Camp Association's requirements for pool staff safety and employ 5 lifeguarding staff and many (usually about 20) additional staff with lifeguard training certification. Campers can expect to participate in water activities daily.

Upon arrival at camp, all campers receive an orientation to the safety rules at the pool, lake, and river. They then take a swim assessment or can choose to limit their swimming to the shallow end of our Olympic-sized swimming pool. Safety is our first priority and those campers who are not proficient swimmers will always be supervised in the shallow end. Our swimming program uses Red Cross swimming levels; lessons are given to all campers in two- and three-week sessions. We may offer elective Junior Lifesaving lessons to older campers in our three-week sessions.

SKINNY-DIPPING POLICY

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

FOOD, CANTEEN, AND CARE PACKAGES

FOOD

At Tawonga our motto is “Food is King” and we have plenty of food for everyone including vegetarians, vegans, and people with food allergies. Whether at camp or on the road, our food is kosher style; we never mix meat and dairy, nor do we buy or serve pork or shellfish. However, we do not have a kosher kitchen, and do not serve exclusively kosher meat and chicken. Our meals often incorporate lessons on sustainability and waste and sometimes use produce from our garden. If you would like to discuss food concerns in detail, please call our office at (415) 543-2267.



CARE PACKAGES

DO NOT SEND FOOD TO CAMP. Food sent in care packages will not be distributed to children. Your child gets plenty of wholesome, tasty food at Camp Tawonga. Food from home, whether sent in care packages or brought to camp in luggage, tends to ruin children’s appetites and attract bugs and animals into the bunk. It can also lead to jealousy within the cabin as kids compete for the “best” care packages or worse, refuse to share fairly.

All care packages will be opened by the camper in the presence of his or her unit head. Any food items will be used in camp programming or donated to charity. Home-cooked treats or food items not in their original packaging will be discarded for safety reasons.

Care package can contain books, games, puzzles, stuffed animals, sunglasses, and other non-food items. Please inform grandparents and other loving family and friends of this policy as well. Believe it or not, an old-fashioned letter is often the most treasured gift received by children in the camp setting.

CANTEEN

Your child does not need pocket money while at camp. Camp Tawonga has a canteen where campers can purchase Camp Tawonga song books, Camp Tawonga T-shirts and sweats, soap, toothpaste, candy, film, disposable cameras, combs, stamps, postcards, stationary, shoelaces, flashlights, batteries, and so forth. Included in your bill is a canteen deposit so that your child begins the session with a \$40 canteen deposit. Campers can purchase items from the canteen two to three times a week and may only purchase one food item per order.

Most children find their canteen deposit more than sufficient for all of their canteen purchases. However, you do have the option to allow your camper to go over the \$40 deposit – any amount beyond the \$40 will be billed to you in the fall. Any unspent balance from your \$40.00 canteen deposit will be donated to the Tawonga Campership Fund. If you would like to request a refund of the unspent balance, please contact finance@tawonga.org by September 15th. Teen Questers do not have a canteen and will **NOT** be billed for a canteen deposit.

We encourage you to use our online canteen at <http://www.tawonga.org/extras/tawonga-canteen.php> to purchase clothing for the entire family or the Camp Tawonga CD and songbook, especially if you’d like your child to have it before attending camp. **Be sure to label these (and all) items with your child’s full name.**

CABIN GROUPING

PREPARING FOR THE BUNK EXPERIENCE

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

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

- Encouraging them to welcome new campers into their bunk.
- Encouraging them to take the opportunity to make new friends and create a comfortable, accepting environment for all campers.
- Helping them to learn from their disappointment if they don't get all of their friends in the same bunk grouping as last year.
- Helping them to understand that they can have a great summer, no matter which specific bunk number or unit name they are assigned.
- Emphasizing all the reasons they love camp, in addition to their bunk.

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



CABIN GROUP ASSIGNMENTS

Camp Tawonga's directors make all cabin group assignments. We take into consideration several factors including campers' grade, age, requests for bunkmates, and school, while also maintaining a balance of new and returning kids and respecting the suggestions of counselors from the previous year. We do our best to make sure all kids in a given bunk are within a two-grade spread (e.g. 6th with 7th graders, but not 5th with 7th graders).

Each camper can request up to three bunkmates. We make every effort to honor at least one of these requests. If for some reason we cannot, we will call you before your session begins. Sometimes parents are concerned about their child being bunked with a child with whom there is some history of difficulty. We will encourage you to resolve these situations prior to the start of camp. If this is not possible, give us a call and we can talk it through with you. We cannot guarantee that the children will be placed in separate bunks, but we will work with you and your child to ensure a fun and happy time at camp.

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

Feel free to call our office at (415) 543-2267 if you would like to be put in touch with a Tawonga family in your region before camp. Rosters will be mailed to you after camp to help your kids stay in touch with new friends.

HEALTH AND MEDICAL INFORMATION

INFIRMARY

Our fully equipped infirmary is staffed 24 hours a day. Our summer infirmary staff consists of a registered nurse, a volunteer physician, and two medical assistants with either wilderness first responder or emergency medical technician certification. Most of what we do at camp falls within the category of first aid. If your child should become ill at camp, he or she will be evaluated by our staff and the appropriate treatment will be given. If your child needs medical assistance beyond basic first aid, such as an overnight stay in the infirmary, a trip to the hospital for treatment, or a prescription for antibiotics, the medical staff will call to inform you as soon as possible. If your child requires hospital care while at camp, our camper medical insurance will cover expenses up to the policy limit. Your insurance will pay the rest.

CAMPER HEALTH

We help campers to:

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

PREVENTING AND TREATING HEAD LICE

As a preventative measure, each camper is checked for head lice on the first day of the session. Please help us keep campers healthy by checking your child for lice the day before the start of camp and treating as necessary.

CASEWORKER

Camp Tawonga employs a caseworker or therapist who consults with staff on how to help children achieve success while at camp. A few children will meet with the camp caseworker during their stay at camp. If your child is seeing a mental health professional, it is helpful for the staff to know the reasons for treatment, medications used, and to have the name and phone number of the treating therapist. Privacy will be strictly maintained by Tawonga and this information will only be shared with the appropriate staff to ensure your child's safety and success at camp.

HEALTH FORMS

Medical forms signed by a parent AND doctor are required for every child attending camp. Medical information to be filled out by a parent is included in our online forms. We require a physician medical form and a copy of your child's medical insurance card to be sent to our office along with your Authorization and Release form (available for download on our website).

A medical examination is required within the 24 months prior to camp, or in the six months prior to camp if your child has been sick. We understand that appointment times are difficult to negotiate with doctors and will accept medical forms up to three weeks before your child starts camp. Please call your healthcare provider right away for an appointment and keep us informed of when we can expect your medical form.

VACCINATIONS

Every child must have current, up-to-date polio series, measles, mumps, rubella, and tetanus toxoid vaccinations to attend Tawonga. A negative TB test within the past 24 months is also strongly recommended. If your child has not been vaccinated, please contact us so that we may send you an additional release form.

GLASSES

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

MEDICATIONS

Please do not send any of the following with your child: Tylenol, Advil, non-prescription allergy medications, skin remedies, and first aid treatments. We maintain a regular inventory of over-the-counter medications and will dispense them as needed. Camp doctors can provide prescription medication to campers when necessary.

ALL medications will be kept in the infirmary so that the nurse may dispense them and keep a record of their use. Any medication that your child uses regularly or will use at camp (including vitamins and herbal or homeopathic medicine) must be labeled carefully with his or her name and session and turned in to staff at the bus departure. **Campers may not store or administer their own medicine**, except for children with a history of asthma, who may keep an inhaler with them, or children with anaphylactic allergies, who may keep an EpiPen for emergency use. Please bring complete, current written information regarding the reason your child is taking medication and any other pertinent details about your child's health to the bus departure. Please notify us of any change in medication routine or dosages before camp begins.

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

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

A NOTE ABOUT CAMPER FORMS

All camper forms will be available in mid-March through the Online Family Portal on our website at <https://register.tawonga.org/>. When you log in to your account, click on the "Information Forms" button to find a list of forms for each individual attending camp. Some of these forms will be filled out online, others must be printed, signed, and mailed to our registrar at 131 Steuart Street, Suite 460, San Francisco, CA 94105. **Every form listed is required and must be submitted by April 15, 2009.** Please contact our office at (415) 543-2267 or info@tawonga.org if you have any questions.

WORKING TOGETHER: SOME SPECIFIC BEHAVIOR EXPECTATIONS

COVENANTS AND CONTRACTS FOR GOOD BEHAVIOR

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

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

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

has been written and agreed to by the child and staff involved, it is accepted that the camper will follow it and all staff involved will support the camper's efforts in every way possible.

Another powerful tool is the "covenant" (*brit* in Hebrew). A covenant is a more profound kind of commitment, in which the entire cabin group is made a part of the process. The idea is that everyone in the cabin group assumes responsibility for the cabin's success. In Jewish thought, covenantal relationships are among the ways that we build *tikkun olam*, the perfected world. In the intense community of camp, covenantal relationships create the environment of safety and caring that kids and parents love about Tawonga.

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

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

ALCOHOL AND OTHER DRUGS

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

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

SNEAKING OUT

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

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

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

PHOTOS

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

Campers and counselors live in close quarters; we prohibit children and staff from photographing each other during inappropriate times, such as while changing clothes or showering. While this has not been a problem at Tawonga, this guideline is becoming standard practice for camps across the country in an effort to protect everyone's feelings and privacy. In this age of digital cameras and web postings, it is essential that the

standards of respect upheld during Tawonga programs are continued throughout the year. **Therefore, it is our expectation that any pictures posted by campers on the internet (including on social networking sites such as Facebook and MySpace) positively reflect the values and mission of Camp Tawonga, and that all individuals included in the photograph(s) are aware of and comfortable with the photos posted.**

HOW WE DEAL WITH RELATIONSHIPS AND SEXUALITY AT TAWONGA

OUR PHILOSOPHY

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

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

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

RELATIONSHIPS BETWEEN CAMPERS

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

THE THICK BLACK LINE BETWEEN CAMPERS AND STAFF

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

WHAT NOT TO BRING

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

- ◆ Cell phones
- ◆ CDs
- ◆ TVs
- ◆ DVD players
- ◆ Video games
- ◆ iPod speakers
- ◆ iPods/MP3 players*
- ◆ Walkie talkies
- ◆ Boomboxes
- ◆ Wireless internet devices
- ◆ Items that may cause harm or endanger campers
- ◆ Valuables whose loss would be upsetting (such as expensive cameras or jewelry)
- ◆ Pocket knives
- ◆ Lighters
- ◆ Pornography
- ◆ Matches
- ◆ Fireworks
- ◆ Cigarettes and tobacco products
- ◆ Drugs
- ◆ Alcohol

Camp is not the place for expensive electronic equipment. Such items tend to get lost, dirty, or broken, and their use is prohibited. Rather, consider camp an opportunity for children to wean themselves from electronics. If any of the above items are brought to camp, they may be confiscated by the staff. We are not responsible for loss or damage and camp will not replace campers' personal belongings in either instance. *Some children need a personal stereo or an iPod to help them fall asleep at night or to study for their Bar or Bat Mitzvah. These items are allowed at camp for these two purposes only. They must be used with headphones and may only be used in the cabin during rest hour and bedtime.

WHAT TO BRING

LUGGAGE

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

BEDDING

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

CLOTHING

Campers and staff dress informally at Tawonga. **Bring clothes that are comfortable and expendable.** We discourage designer clothes for three reasons: 1) camp is rustic and your child will be active, 2) camp can be a nice break from the urban pressure of dressing-up, and 3) clothes are easily lost or ruined at camp. There will be only one or two dress-up occasions, such as Shabbat, for which some campers like to bring nicer outfits. During two- and three-week sessions, all campers go on an overnight backpacking trip; warmer clothes such as a fleece jacket, hat, gloves, and a rain poncho are recommended.

LAUNDRY

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

LOST AND FOUND

Camp Tawonga **cannot** assume responsibility for lost or damaged items. Although we make every effort to help the campers be conscious of their belongings, things get lost. **Only articles that are clearly labeled with the camper's full name will be brought back to the office in San Francisco.** We will keep labeled items in our San Francisco office for two weeks after the end of each session. You are welcome to come to the office to look for lost articles. Unclaimed items and articles left in the office will be donated to charitable organizations.

PACKING LIST

The following clothing and equipment list is for your guidance. The list is arranged by length of session- please select the column that corresponds with your child's session. From experience, we have found that children generally need no more than what is listed below. If we find that your camper has forgotten something, we will call you. **Again, please do not bring valuables to camp!**

✓	Clothing	1 week	2 weeks	3 weeks
	Nice shirts, dresses, pants (for Shabbat)	0	1	2
	Tennis shoes	2 pairs	2 pairs	2 pairs
	Hiking boots	1 pair (opt)	1 pair	1 pair
	Socks	6-8 pairs	8-10 pairs	10-12 pairs
	Underwear	6-8 pairs	8-10 pairs	10-12 pairs
	Short sleeve shirts	4	5	7
	Long sleeve shirts	1	1	2
	Jeans/long pants	2	3	3
	Pajamas	1	2	2
	Shorts	2	3	4
	Bathing suit	1	1	2
	Sweater/sweatshirt	1	2	2
	Warm jacket	1	1	1
	Hat with brim	1	1	1
	Warm hat	1	1	1
	Swimming goggles	1	1	1
	<i>Sturdy/outdoor sandals (optional)</i>	1 pair	1 pair	1 pair
	<i>Bathrobe (optional)</i>	1	1	1
✓	Bedding			
	Pillow	1	1	1
	Fitted sheet and sleeping bag (rated at 20°F) or sheets and blanket	1	1	1
	<i>Flannel/fleece sleeping bag liner (optional—for extra warmth)</i>	0	1	1
✓	Backpacking/Day hiking			
	Quart-sized water bottle	1	1	1
	Plastic spoon and plate or bowl	0	1	1
	Daypack	1	1	1
	Insulated sleeping pad	0	1	1
	Rain jacket or poncho	1	1	1
	Fleece sweater (not cotton)	0	1	1
	Thin wool socks	1 pair	1 pair	2 pairs
✓	Other Important Items			
	Laundry bag (with child's name)	1	1	1
	Bath towel	2	2	3
	Wash cloth	1	2	2
	Toothbrush and toothpaste	1	1	1
	Soap/shampoo	1	1	1
	Toiletry bag or basket	1	1	1
	Flashlight and batteries	1	1	1
	Sunscreen (SPF 30 or higher)	1	1	1
	Lip protection with SPF	1	1	1
	Bug repellent	1	1	1
	Extra glasses and prescription (for children who wear them)	1 pair	1 pair	1 pair

CAMP TAWONGA DEPARTURES AND RETURNS

The chart below lists the check-in and pick-up times, dates, and locations for transportation to and from all of our at-camp programs. San Francisco is our primary point of departure. **In 2007 our San Francisco location changed to San Francisco State University.** We have an East Bay departure and pick-up at the Oakland Mormon Temple. Campers may also board the bus at Dorada Park in Oakdale. You can also opt to drive your child to camp. Please note that Teen Quests and TSL trips have limited departure and return locations.

Bus departure and arrival times are subject to change; please call the bus hotline at (415) 543-0234 on the day of travel for timing updates. You will receive detailed information and directions to bus locations ten days before your child's session.

Please remember to:

Bring a sack lunch: Each child needs a sack lunch for the bus ride to camp. We will stop to eat lunch midway to camp at Dorada Park in Oakdale. **Please note:** With an increase in the prevalence of severe peanut allergies, including those that are airborne, the national trend in schools and summer camps is to make campuses "peanut-free." Out of respect for campers and staff with these allergies, **please refrain from packing peanut products in your child's lunch** (including peanut butter or other items containing peanuts).

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

Notify us in advance if your drop-off or pick-up location changes from what you have listed on our online forms. Only a legal parent or guardian may pick up a camper, unless you send written instructions and consent in advance. **We require a photo ID and signature (must match individual listed) for each camper pick-up.**

Programs	Dates	SF State Univ. Lot 25 San Francisco	Mormon Temple Oakland	Dorada Park Oakdale	Camp Tawonga Groveland
Session I Sun. June 14 – Fri. June 19	Departs on the first day of the session	Check-in 10:00 AM	Check-in 11:00 AM	Check-in 1:15 PM	Check-in 3:00 PM
Session II Sun. June 21 – Fri. July 3					
CIT & SIT Sun. June 14 – Fri. July 3	Returns on the last day of the session	Pick-up 4:00 PM	Pick-up 2:30 PM	Pick-up 12:00 Noon	Pick-up 9:00 AM
Session III Sun. July 5 – Fri. July 24					
Session IV Sun. July 26 – Fri. August 14					
Session IV Carmel Tawonga Sports Camp Sun. July 26 – Fri. August 7	Departs on the first day of the session	Check-in 10:00 AM	Check-in 11:00 AM	Check-in 1:15 PM	Check-in 3:00 PM
<i>Note that return times are earlier than other sessions.</i>	Returns on last day of the session	Pick-up 3:30 PM	Pick-up 2:00 PM	Pick-up 11:30 AM	Pick-up 9:00 AM

LETTERS FROM HOME

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

It is essential that your child receive letters from you regularly. It is very disappointing for campers to not receive any mail, especially when their friends do. Please write as soon as your child leaves for camp and continue to send letters, postcards and short notes, throughout the session. Some parents even send letters before their child leaves home. **However, please do not send mail in the last three days of any program, since it will not arrive in time for your child to receive it.**

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

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

DO NOT USE Express Mail, FedEx, or DHL. Express mail requires a signature at the post office in Groveland and can delay delivery for up to a week; FedEx and DHL only make sporadic deliveries to our location. **We recommend using UPS,** which makes daily deliveries to Tawonga.

The mailing address at camp will be sent to you ten days before the start of your program as a part of your transportation information packet. Please contact our office if you would like the address ahead of time. Mail locations for Quest and TSL Costa Rica trips are listed in specific trip itineraries.



THANK YOU

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

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