“We welcome you to JCC, we’re mighty glad you’re here!!”

**Camper Eyes Only!! (ok, parents you can peek.)**

**Must DO things at Ranch Camp!**

1. Hike to the Sand Caves
2. Sign the Mo
3. Make a Plaque
4. Hug a goat (TJ or Missy)
5. Choose your fave camp dog.
6. Take in the view from the top meadow.
7. Campout at the Planetarium, Cold Mountain AND Upper and Lower Mushroom.
8. Help the kitchen make pancakes!
9. Spot Mindy the Llama
10. Eat Grilled Cheese and Tomato Soup
11. Lead a Shabbat Service with your cabin group
12. Turkish Kiss (Don’t worry, it’s a dance….nothing to do with kissing ☺)
13. Ride Bone Rattler on your mountain bike
14. Pool Raid

**Tips for the Savvy Ranch Camper**

1. Bring a laundry bag to hang off the corner of your bunk to store dirty clothes.

2. Pack a Red, Blue, Green and Yellow shirt to be prepared for Color War, Maccabiah and Capture the Flag.

3.  Trunks and top opening duffels make great storage for items not placed on shelves in the cabin.

4.  Does your camper have a birthday during the session? Call us to make a plan!

5. Chapstick

6. Pack multiple white, cotton items to tie-dye.

7. Don't forget the talent show!  Bring your instruments and props along!

**7 Ways to Cope With Homesickness**

Thurber and Walton recommend these seven ways for kids to cope with homesickness:

* Do something fun, like playing with friends.
* Do something to feel closer to home, like writing a letter home.
* Go see someone who can talk with you to help you feel better.
* Look at the bright side, such as activities and friends in the new setting.
* Think that the time away is short.
* Don't dwell on home.
* Think about what a loved one would say to make you feel better.

What about calling home?

During short separations, "old-fashioned letters may be the best way to maintain contact with home," write Thurber and Walton.

They note that writing letters tends to be less emotional and requires more personal reflection than calling home.

**What to do if…..**

**You Lost an Item!** Don’t worry. Check the Lost and Found box outside of the office (or inside if it rained). Tell your staff member you lost it and have them take you to visit the last places you might have had it. We will help you find it! If you lost your water bottle (which is the most commonly lost item at camp), have your staff member help you look for it but, in the meantime, come to the office to get a temporary replacement. You must carry a water bottle to each activity!

**You forgot an item at home.** Tell your councelor and have them bring you to the office so we can contact your parents to send the item to camp OR we will give you one replacement from the office, if we have what your forgot (i.e. Pillow, flashlight, toothbrush, etc)

**Ran out of shampoo/chapstick/toothpaste/stamps, etc.** Let your staff member know because we have tons of replacement toiletries and items in the office for you to keep!

**Need to go the bathroom at night.** Depending on your age and cabin rules, you will either take a friend with you or wake up a staff member and let them know you are going. Don’t be shy or worried to wake up a staff member; they want to know you are safe!

**You feel sick. Tell your staff member asap!** They will either take you to the nurse or call the nurse to see what can be done. But first, they will make sure you are drinking lots of water, eating food at all meals and snack times and will give you time and place to rest.

**You don’t want to do an activity.** At Ranch Camp we won’t make you do any activity. We believe in challenge by choice and they only one who can choose to take on a challenge is YOU! Tell your staff member you are nervous about an activity. They will give you some tips or help you find another activity or a different way to participate in the cabin activity instead. (For example: Don’t want to climb the rock wall? Let your staff member know. Maybe you can challenge yourself to climb half way up instead. OR help to belay your friends. OR help the rope course staff get the equipment ready. OR take photos from the office of your group while they climb.)

**Daily Schedule!**

**Morning**

7:45 Degel (Flagpole)

8:00 - 8:45 Breakfast

8:45 - 9:15 Cabin Clean-up

9:20 - 10:35 Cabin Activity #1

10:40 Snack

10:45 - 12:00 Cabin Activity #2

12:15 - 1:15 Chug 1: Daily Free Choice Activity

**Afternoon**

1:15 – 2:00 Lunch

2:00 - 2:45 Menucha (Rest Period)

3:00 - 4:15 Cabin Activity #3

4:20 Snack

4:30 - 5:30 Chug 2: Weekly Elective Activity

5:30 - 6:00 Cabin Time

**Evening**

6:00 Degel (Flagpole)

6:10 - 7:00 Dinner

7:15 - 9:00 Evening Activity

9:15 Lila Tov (Good night)

\*On Shabbat, Lake Wake-ups and Special Days our schedule is different and you staff member will go over the schedule with you!

**Ranch Camp Song**

So Come along with me,

To the hills of the JCC,

And we’ll play (and we’ll play),

To the end of day (to the end of day).

Chorus:

Have you seen a Colorado Sunset (Yes, I have!)

Colors alive with joy,

Love is surely around us,

And sunshine bring smiles to every boy and girl.

The sky is bluest here,

In the land of the running deer.

And the wind (and the wind),

Laughs within our souls (Ha, ha, ha, ha!).

Chorus

..and sunshine brings smiles to every boy and girl!

Parent Eyes Only!

1. Letters – Include or Not to Include
   1. Troubling current events – NOT
   2. Sports scores – Yes!