

PACKING FOR CAMP

Label Clothing and Equipment

Please be sure that each item is clearly marked with the camper's **FIRST INITIAL AND FULL LAST NAME** (even on socks and underwear!). Initials are not sufficient to enable us to return items to campers. The best luggage is a large, top-open duffel bag or a trunk. Linens can be packed in your camper's laundry bag or another duffel bag. The idea is to have items easily accessible. There will be some shelf space provided for each camper, but it may not be sufficient to store everything that they've brought. Please make sure to let your camper help pack so they feel comfortable knowing what they have and where everything is located. Duplicating this clothing list and taping/attaching it to the inside of a trunk or duffel bag often facilitates easier packing at the end of each session.

A few words on what to bring:

There are a few items on the list that we would like to stress as **CRITICAL** for your child to have a safe and enjoyable summer:

- Your camper **MUST** carry a water bottle or canteen at all times. The campers are busy all day and need plenty of fluids on a regular basis to prevent dehydration.
- Sunscreen and a brimmed hat are essential to prevent burning. Most activities are outside in the sun, and your child needs to be properly protected.
- The American Camping Association requires a smooth, hard-soled shoe (i.e. no hiking boots) with a heel that comes above the ankle for horseback riding. Ranch Camp has extra pairs of boots that campers can borrow. If you want to buy boots, thrift stores and Walmart/Target often have inexpensive cowboy boots. Sheplers (in Colorado) also often runs sales where boots can be purchased for \$10 to \$15.

water bottles +

sunscreen +

brimmed hat +

closed-toe shoes =

ONE HAPPY CAMPER!

A few words on what NOT to bring:

As well as those items that are essential for a positive camping experience, there are items that can cause environmental or behavioral problems at camp, and those that we are simply not licensed to allow. Please read this list carefully and ensure that NONE of these items make it into your child's luggage. We really need your help on this issue to make certain that the camp has a fun, safe, and clean environment.

- Food!
- Money, other than for plane travel.
- Cell phones, electronic games, discmans, and iPods are not allowed at camp (exception: personal music devices used for Bar/Bat Mitzvah training). The Ranch Camp provides programming with many outdoor and creative activities to expose your child to new experiences. Electronics should be left at home.
- Shaving cream should not be brought to camp unless your child actually uses shaving cream at home.
- Silly string has no constructive purpose, damages buildings, is not readily biodegradable, and is often consumed by our furry friends (which results in illness and/or death).
- Knives or any other weapons of any shape or size are not needed for any camp programs, and they are therefore prohibited.
- Roller blades and skateboards require special licensing and staff training that goes beyond the scope of programming offered at the Ranch Camp. We therefore cannot allow campers to use these items and must ask that they are left at home.
- Camp is a place to be comfortable, but some clothing is not acceptable. Please leave bare midriff tops, short shorts, and sheer or revealing clothing at home; clothing with alcohol, drug-related, sexual, or degrading images and/messages are not allowed at camp!

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EQ Camp >

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GENERAL PACKING LIST

NOTE: EQ and Trips campers need to refer to additional packing lists.

This packing list is designed for campers who will be attending a 19-day Ranch Camp session. Session 1 and Session 4 campers can bring reduced amounts of clothing items. Please call the office if you have any questions about what or how much to pack.

Note: The temperature at camp allows for shorts and t-shirts during the day (75-90 degrees), but somewhat warmer clothing is needed for the evening (55-70 degrees).

Clothing

- 1 pair of tennis shoes or hiking boots
- 1 pair of riding boots (*optional, the corral has boots that campers can borrow.*)
- 1 pair of sandals
- 2 pairs of warm pajamas
- 1 bathrobe (optional)
- 1 raincoat or poncho
- 12 pairs of socks
- 12 pairs of underpants
- 10 T-shirts
- 1-2 Shabbat outfits
- 5 pairs of jeans or long pants
- 5 pairs of shorts
- 1-2 bathing suits
- 2 sweatshirts/flannel shirts/sweaters
- 1 pair of sweatpants
- 1 warm jacket (A lightweight but wind and water resistant jacket with a hood is best.)
- 1 brimmed hat (Very important item)
- 1 belt

Linens

REQUIRED by state law. All children must bring the linens listed. Campers may not sleep in his or her sleeping bag except for campouts.

- 2 sets of bed sheets
- 2 pillowcases
- 1 blanket or lightweight comforter
- 1 bath towel
- 1 wash cloths/hand towel
- 1 pool towel
- 1 laundry bag
- 1 pillow

Toiletries, etc.

- 2 canteens/water bottles (make sure they are labeled!)
- sunscreen
- mosquito repellent
- bucket or bag to carry toiletries to the washhouse
- shampoo/conditioner

toothbrush and container

toothpaste

hairbrush/comb

soap/soap box

body lotion

lip balm

nail clippers

tissue

stationery/pens/postcards (Pre-addressed cards for younger campers are great!)

stamps

It is highly recommended that all campers bring a small bottle of nasal saline spray. The name brand is “Ocean Nasal Spray” but King Soopers, Safeway and Albertsons all have generic brands in a similar orange & white spray bottle. Due to the severe dryness at camp, most campers end up with stuffed noses, making it hard to sleep at night. This is basically salt water with preservatives that each camper can spray in their nostrils, and then blow their noses. It’s a small item that will make nights more restful, and days more fun. You may also send “Ayr” nasal gel, a water-based moisturizer. Campers can keep both these items in their cabins or take them on trips. Please write names on bottle in marker-these items must not be shared!

Camping Gear

sleeping bag (must be compact and lightweight to carry to campsites)

sleeping pad (optional)

flashlight

day-pack to carry items to campouts

Optional

camera (disposable cameras are ideal for children. These cameras produce nice quality pictures with ease and are inexpensive. Digital cameras not recommended for camp.)

hip pack to carry inhalers or bee sting kits, etc.

books/magazines

baseball glove

musical instruments (Within reason—call if you have questions.)

cards/jacks

costumes (For skits in the talent show!)

stuffed animals

long underwear

slippers

Kippot/Tallit

Red, yellow, blue, and green clothing for Maccabiah (an all-camp color competition).

White t-shirt, or other white clothing items to tie-dye.

Next:
Trip Camps >

ADDITIONAL PACKING LIST FOR CAMPERS ENROLLED IN TRIP PROGRAMS

(8th Grade Ranch, TASC, and Teen Village)

Note to Parents: *Please read through the following list very carefully. It has been put together after many years of successful wilderness trips. Your child's enjoyment and safety during the trip start with them bringing the appropriate gear and clothing.*

Backpack – The only requirement is that the backpack has a frame (either internal or external), a well padded hip-belt (50-60% of the pack's load should be carried on the hips), and a capacity of around 3000 cubic inches. The fit of the pack is the most essential factor and can make a backpacking trip either pleasant or painful. We cannot emphasize enough the importance of a well-fitted backpack! The camper will suffer if the backpack does not fit properly. Most outdoors stores (like REI) will help you pick the correct pack and/or customize a pack to properly fit.

Sleeping Bag – NO DOWN! A good night of sleep is essential for performance in the outdoors. Warmth is the main factor, but performance under wet conditions is not the same for all bags. Down bags are very compact (and pricey) and warm, but are of no use at all when wet. Bags using synthetic fill are bulkier but retain warmth when wet and require less care than down. A temperature rating of 20 degrees Fahrenheit will be adequate for most people in the alpine area, which has highly varied and unpredictable temperatures in the summer. Avoid bulky sleeping bags as they can affect the fit of the backpack. Absolutely no cotton!

Sleeping Pad – This is more for insulation than comfort. The body loses heat to the ground through conduction, and a backpacking air mattress (ThermaRest, Insulux) or closed-cell foam pad (Ensolite, Ridge Rest) slows the heat loss appreciably.

Footgear – Shoes should be, above all else, comfortable and well broken in. Ankle support and traction are two other essential features. There are a wide variety of boots on the market, ranging from high tech to traditional, but there is no need for anything fancy. Shoes must come over the ankle for support when carrying a backpack. It is also advised to bring along a second pair of tennis shoes or sandals that fasten to the foot (Chacos or Teva, NO flip-flops) to be worn around camp. Socks (3-4 pairs) need to be wool or wool synthetic blend, for warmth and cushioning. Polypro liner socks can help prevent blisters.

Clothing is just as important as gear.

The unpredictable climate can place you alternately in weather that is ninety degrees and sunny, and an hour later in a gale force storm with temperatures in the 50's and rainy. The following clothing items are essential for the areas in which your child will be visiting:

Hat – Wool or pile camp that covers the ears. 70% of the body's heat loss occurs through the head. The old adage, "If your feet are cold, put on a hat," holds true to this day.

Sweater – Again, wool or fleece are the preferred materials due to their ability to retain heat when wet. Sweatshirts are designed to exercise in, to keep the body cool, i.e. to lose heat. Their insulating value is low, (i.e. they lose heat so they cannot be used in place of a sweater). Two sweaters/fleeces are required for the trip, one as a backup layer for inclement weather.

Long johns – These are the foundation of the layering system for almost any wilderness activity. They are warm when wet, dry quickly, are light and compact, and grant some relief from monster mosquitoes in the summer. Capilene and polypropylene are two materials on the market. At least two tops and one bottom for each camper.

Raingear – Water washes away heat quickly, and the difference between health and hypothermia can be as easy as an adequate rain jacket. The rectangular ponchos seen at sporting events are poor when hiking or when wind is present. A rain jacket with a hood is a must to protect the body core from heat loss, it should be waterproof and breathable. Rain pants are a must as well.

Pants – Quick drying, non-cotton is best. 1 pair

Shorts – Quick drying, non-cotton are best. 2-3 pair (one less if they are long pants with zip off legs that convert to shorts).

Other Essentials – Some of these items are mentioned on the regular packing list, others are not. We included items that we wanted to emphasize on both lists:

- 2 one liter water bottles (Nalgene or Sigg)
- Sunglasses
- Sunscreen
- Ball cap (or hat with a visor)
- Wool gloves or mittens
- Mosquito repellent
- LED flashlight (or Head lamp is preferred) with extra batteries
- Light weight mess kit (including a cup, plate, bowl, and silverware)
- Whistle on a cord (to be worn around the neck)
- An extra pair of glasses or contacts
- Extra inhaler or bee sting kit.

Leave at Camp: Jeans, Cotton sweatshirts, flip flops, broad brimmed sun hats, pajamas, bathrobes, and dressy Shabbat cloths.

Tips for shopping: While stores like REI have the advantage of trying things on and the help of a sales person, parents can also check out the following websites for less expensive alternatives:

www.sierratradingpost.com

www.libertymountain.com

www.craigslist.org/about/sites

Next:
EQ Camp >

ADDITIONAL PACKING LIST FOR EQ CAMPERS

Riding Helmet – Must meet ASTM standards and be SEI approved. Helmets must be worn by campers at all times when in the corral. JCC Ranch Camp provides riding helmets for campers, but EQ campers often elect to bring their own helmets to camp. Make sure that your camper's helmet is comfortable and has vents to help them stay cool. Velvet show helmets are NOT recommended.

Extra Jeans – EQ campers are required to wear jeans to ride in daily. You need not pack your camper with as many shorts as recommended on the General Packing List, but it is suggested that you bring 5 pairs of jeans for riding, in addition to a few pairs of pants for the evenings and weekends.

T-Shirts – Please note that campers are required to wear shirts WITH sleeves in the corral. No tank-tops/singlets are permitted to be worn while riding; this rule is important for horse safety, as well as sun safety. Make sure to pack your campers t-shirts, long-sleeved shirts, and sweatshirts that you and your camper do not mind getting dirty!

Riding Boots – Western riding boots with a smooth sole and heel are required for riding. Make sure to wear-in new boots before arriving to camp to avoid a painful break-in process and blisters. While Ranch Camp has extra pairs of boots to lend Ranch Program campers, EQ campers are required to bring their own personal pair of riding boots to camp. Hiking boots are not riding boots. See page 18 for boot buying suggestions.

Hat – Be sure to bring a baseball cap or cowboy hat to wear when not riding or instructing. It is easy to get sun-burned and dehydrated during the summer months at our elevation.

Other Essentials –(Some of these items are mentioned on the regular packing list, others are not. We included items that we wanted to emphasize on both lists.) 2 water bottles, sunglasses, sunscreen, mosquito repellent, an extra pair of glasses or contacts, and an extra inhaler or bee sting kit.

Next:
Pack n' Ride >

ADDITIONAL PACKING LIST FOR PACK 'N RIDE CAMPERS

Clothing and Riding Gear

- 3 pairs of riding jeans
- Swimsuit for the Hot Springs!
- Riding Helmet (optional). Camp will provide but you are welcome to bring your own
- Riding Boots
- At least 5 pairs of tall socks appropriate for wearing under boots
- 1 or more pairs of warm socks for cold nights (merino wool recommended)
- Long underwear (top and pants) - we recommend synthetic or merino wool
- Clothes for in-camp activities, see general packing list. For example:
 - Shorts
 - Tennis shoes
 - Flip flops for showering

Camping Gear

- Raincoat - Gortex or like fabric is highly recommended
- Stuffer/compactable sleeping bag-synthetic or down but needs to be rated to 15 degrees Fahrenheit or less
- Sleeping Pad - also must be able to deflate or compress
- Another pair of waterproof boots, either good hiking boots or just cheaper rubber boots. They will be used early in the morning and after the ride in the evening when the area is wet.
- Neck warmer

Rain pants will NOT be allowed when riding or working with horses

Toiletries, etc.

- Sun Screen
- Compact toiletries
- Hats (including warm hat for cold nights)
- Sunglasses
- Soft gloves (2 pairs). One can be leather and one can be wool. These will be used both during the actual ride and at night when it is colder.
- At least 3 Nalgene/1 liter water bottles
- Camelback-type water pack if desired

Feel free to pack in any duffel bag as we will be repacking into the equipment provided by the outfitter.

Next:
Rock n' Ride >

ADDITIONAL PACKING LIST FOR ROCK N' RIDE CAMPERS

Bike Helmet – needs to be in good working order and preferably less than 3 years old. Mountain bike style helmet rather than BMX or Skate style helmet.

Padded Bike Shorts – not essential, but makes long days of riding more comfortable.

Padded Bike Gloves – to protect hands if the camper should come off bike.

Jersey Shirts - no cotton tees for riding. Needs to be quick-drying and breathable.

Hydration Pack - (i.e. Camelback or equivalent) min 2 liters, with a storage pocket.

Mountain Bike (optional) - Must be safe and in good working order. Should have at least one water bottle cage with water bottle. Min 21 speed bike.

Long Johns – These are the foundation of the layering system for almost any wilderness activity. They are warm when wet, dry quickly, are light and compact, and grant some relief from monster mosquitoes in the summer. Capilene and polypropylene are two materials on the market. At least two tops and one bottom for each camper.

Raingear – Lightweight riding jacket, something not too bulky that camper can ride in. Water washes away heat quickly, and the difference between health and hypothermia can be as easy as an adequate rain jacket. The rectangular ponchos seen at sporting events are poor when hiking or when wind is present. A rain jacket with a hood is a must to protect the body core from heat loss, it should be waterproof and breathable.

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DIRECTIONS TO THE JCC RANCH CAMP

FROM DENVER ON PARKER ROAD

- Take Parker Road (Highway 83) to Franktown
- Turn left (east) at the stop light at Franktown
- Take Highway 86 past Elizabeth (approx. 9 miles from Franktown)
- Continue on Highway 86 (approx. 7 more miles) to a sign pointing right to Elbert
- (If you go into Kiowa you have gone too far)
- Turn right onto Elbert Road (travel approx. 11 miles), go through and past the town of Elbert
- Continue approx. 3 miles
- Camp will be on your right after the Boy Scout camp

FROM I-25 SOUTH

- Take I-25 south to Lincoln Ave
- Exit highway and turn left onto Lincoln Ave
- Turn right at Parker Road (Highway 83) to continue south to Franktown
- Turn left (east) at the stop light at Franktown
- Take Highway 86 past Elizabeth (approx. 9 miles from Franktown)
- Continue on Highway 86 (approx. 7 more miles) to a sign pointing right to Elbert
- (If you go into Kiowa you have gone too far)
- Turn right onto Elbert Road (travel approx. 11 miles), go through and past the town of Elbert
- Continue approx. 3 miles
- Camp will be on your right after the Boy Scout camp

FROM COLORADO SPRINGS

- Take I-25 north to Road 24
- Take Road 24 east past Falcon
- Go approx. 3 miles, look for a sign on the left indicating Elbert Road
- Turn left onto Elbert Road and continue for approx. 13 miles
- Camp will be on your left side
- (If you've passed the Boy Scout Camp and/or get to the town of Elbert, you've gone too far)

Note: Our street sign reads, "J bar CC Ranch"

