

Family Guide 2020



BEST SUMMER, EVERY SUMMER!



SUMMER: 865 Bartonsville Woods Road, Stroudsburg, Pennsylvania 18360
(570) 629-0266
(215) 487-2267



www.pinemere.com / camp@pinemere.com

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2020 Important Dates

Session	Arrival Date	Arrival Time	Departure Date	Departure Time
Full Season 7 Weeks	June 28 th Sunday	10:30 AM – 12:30 PM	August 16 th Sunday	10:00 – 11:00 AM
First Session 4 Weeks	June 28 th Sunday	10:30 AM – 12:30 PM	July 26 th Sunday	10:00 – 11:00 AM
Second Session 3 Weeks	July 27 th Monday	2:00 – 4:00 PM	August 16 th Sunday	10:00 – 11:00 AM
CIT 7+ Weeks	June 26 th Friday	2:00– 3:00 PM	August 16 th Sunday	10:00- 11:00 AM
CIT-TWO 7+ Weeks	June 26 th Friday	2:00 – 3:00 PM	August 16 th Sunday	10:00- 11:00 AM
Pioneers 12 Days	July 27 th Monday	2:00 – 4:00 PM	August 7 th Friday	2:00 – 3:00 PM
SPARK 3 Days	July 17 th Friday	2:00 – 3:00 PM	July 19 th Sunday	2:00 – 3:00 PM

Fees

- Deposit of \$775 due with application.
- Fall payment of \$1,000 due November 30, 2019.
- Winter payment of \$1,000 due January 31, 2020.
- Final balance payment due April 1, 2020.
- Payments may be made by check, cash, or credit card (Visa, MasterCard, or Discover). Please contact Ann Selkow (215-487-2267 ext. 2 or ann@pinemere.com) with any questions about payment.

Visiting Day

- Date: Sunday, July 26th Time: 10:00 AM – 3:00 PM (10:45 AM – 3:00 PM for CITs)

Visiting Day is a chance for full season campers to enjoy time with their families either outside of camp or at Pinemere. More information and details on Visiting Day 2020 will be sent out a few weeks prior.

Contact Information

SUMMER

June - August
(570) 629-0266
Fax (215) 487-2265

865 Bartonsville Woods Road
Stroudsburg, PA 18360

WINTER

September - May
(215) 487-2267
Fax (215) 487-2265

333 E Lancaster Avenue, Suite 332
Wynnewood, PA 19096

Summer Office

Pinemere's office is led by a number of amazing adult staff and is the hub of our operation. Our staff members appreciate the importance of providing your family with great service and responding to your questions and concerns. The office team knows camp extremely well and will do everything they can to help you with your need no matter how big or small.

The phones in the office will be staffed from 9am – 9pm. We do our best to check messages outside of these hours. You can also email Mitch, Aaron, Linz, or Ann directly.

Telephone Policies & Weekly Office Hours

We kindly request that calls be made to camp between 9:00 AM and 9:00 PM, while our office staff is on duty. In the event that the person you are trying to reach is unavailable, a message will be passed along to them. Our goal is to return each call within a few hours of when it was received. After 9:00 PM and/or if our office team is occupied, please leave a message and calls will be returned as soon as possible.

What if my call is an emergency?

Emergency calls that occur in the middle of the night and require that a camper be woken up, should go to Executive Director, Mitch Morgan, on his cell phone at (314) 740-8298. If the message can wait until morning, please send Mitch an email or leave a message at the office.

Our weekly office hours:

Day	Office Staff On-Duty
Sunday – Thursday	9:00 AM – 9:00 PM
Friday	9:00 AM – 5:00 PM
Saturday	12:00 PM - 5:00 PM

Communicating with your Child

All correspondence should be sent as follows:

For Campers and Staff:
[Name]
Pinemere Camp
865 Bartonsville Woods Road
Stroudsburg, PA 18360

Mail

Our campers write letters Sunday through Thursday. We feel that it is important for families to hear from their campers, even if the letters are relatively brief. Campers may write home or to other family members. Writing home should encourage families to write or email their campers on a regular basis. Campers truly enjoy getting letters from home! Many families send a letter that arrives at camp even before their child arrives for the session.

Many families find it helpful to send pre-addressed (and stamped) envelopes or postcards with their child. Stamps, stationery, and envelopes all are available for sale from the canteen should your child run out of them.

Here's the suggested number of stamps & stationery your child should be bringing to camp:

First session: 20

Second Session: 15

Pioneers: 10

Full Season: 35

Email Information

Families may send email through the camp's web service, CampMinder. You can access the site to send emails at www.pinemere.com/login. This is available with the same secure username and password that you used to complete forms before the summer. Email messages to campers will be delivered at the same time as regular mail. Campers are not able to send return emails. Email messages to campers are only available through this service, not through our standard email address. Specific instructions about CampMinder and the use of their services are available in your online account. Emails sent via Campminder will be printed every morning.

Pinemere has a NO Package Policy

ALL PACKAGES & LARGE ENVELOPES SENT TO CAMP WILL BE RETURNED BACK TO SENDER OR KEPT UNTIL THE END OF THE SESSION.



Arrival & Departure

Families are responsible for the drop-off and pick-up of their campers on the first and last day of the camp session. If arrangements are needed for families traveling by airplane, or sending campers on airplanes, please contact the camp office. We are very happy to assist in these accommodations whenever possible. We will need to know at least 30 days prior.

First Session & Full Season Camper Drop Off:

- We will begin accepting cars at 10:30 AM on Sunday, June 28th.
- Please do not arrive before 10:30 AM... we won't be totally ready for you.
- Staff will show you to luggage drop off & where to park.
- After you park, we'll begin checking families in which includes a quick health check
- Around 11:30 AM (or once the large majority of luggage makes it way to the bunk) our Counselors will come out to cheer and welcome our campers.
- By 12:30 PM we'll ask families to depart so we can get going with camp!
- Please remember to LEAVE YOUR LUGGAGE at camp, so your camper can also pack home in it.

First Session Camper Pick Up:

- Sunday, July 26th at 9 - 10 AM luggage gets picked up.
- Please do not come before 9 AM, we will not be ready with all the luggage.
- A group of CIT's and Staff will load your camper's luggage into your car.
- NOTE: Full Summer Families will be directed to a parking location.
- From 10 - 11 AM, families can pick up their camper. When the bunks are ready, everyone will come out to the Green (that's where you'll be) and do a few cheers.
- Please remember to pick up any remaining medicine, art projects, and day bags.

Second Session & Pioneer Camper Drop Off:

- We will begin accepting cars at 2 PM on Monday, July 27th.
- Please do not arrive before 2 PM... we won't be totally ready for you.
- Staff will show you to luggage drop off & where to park.
- After you park, we'll begin checking families in which includes a quick health check
- Around 3 PM (or once the large majority of luggage makes it way to the bunk) our Counselors & full season campers will come out to cheer and welcome our 2nd session & Pioneer campers.
- By 4 PM we'll ask families to depart so we can get going with camp!
- Please remember to LEAVE YOUR LUGGAGE at camp, so your camper can also pack home in it.

Pioneer Camper Pick Up:

- Friday, August 7th at 1-2 PM luggage gets picked up.
- Please do not come before 1 PM, we will not be ready with all the luggage.
- A group of CIT's and Staff will load your camper's luggage into your car.
- From 2 PM – 3 PM, families can pick up their camper.
- Please remember to pick up any remaining medicine, art projects, and day bags.

Second Session & Full Season Camper Pick Up:

- Sunday, August 16th at 9 - 10 AM luggage gets picked up.
- Please do not come before 9 AM, we will not be ready with all the luggage.
- A group of CIT's and Staff will load your camper's luggage into your car.
- From 10 - 11 AM, families can pick up their camper. When the bunks are ready, everyone will come out to the Green (that's where you'll be) and do a few cheers.
- Please remember to pick up any remaining medicine, art projects, and day bags.

Driving Directions

Our camp is easily accessible by car, approximately 90 miles from Philadelphia and New York City. The following directions are for travel to the summer campsite:

From Southeastern Pennsylvania, Philadelphia & Southern New Jersey Areas

Take Route 476-N (NE Extension) via either 76 (Schuylkill Expressway), 476, or 276 (PA Turnpike). Follow 476-N to Exit 56 (Lehigh Valley/Allentown). Take Route 22-E towards Allentown. Follow 22-E to Poconos/Stroudsburg Exit (Route 33-N). Follow 33-N to Bartonsville Exit. This Exit will dead-end at Route 611. Follow "From Route 611" directions below.

From Delaware, Maryland & Washington, DC Areas

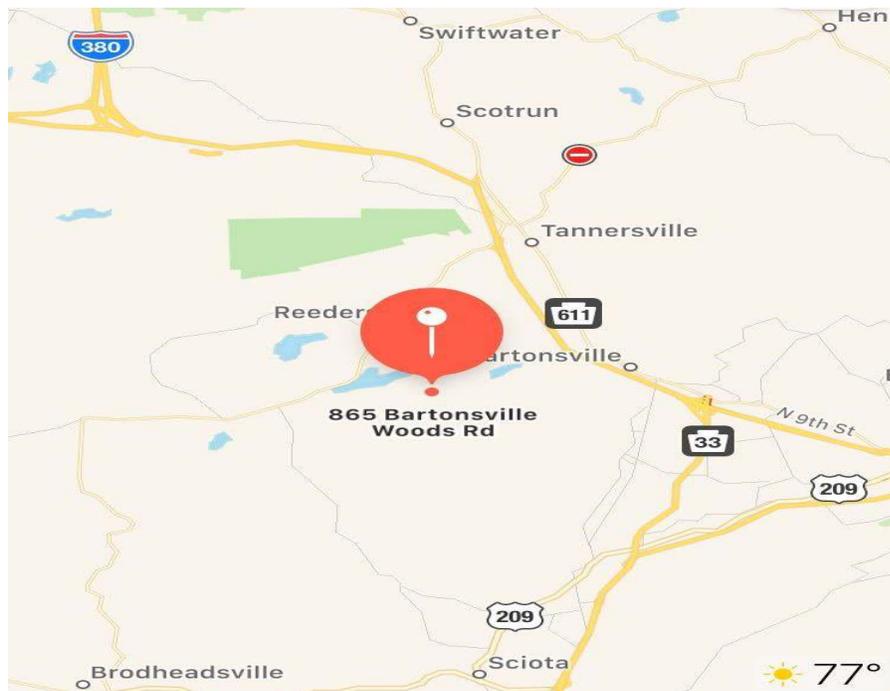
Take Interstate 95-N towards Philadelphia. After crossing the PA border, take exit 7 onto Route 476-N. Follow directions above.

From New York & Northern/Central New Jersey Areas

Take Interstate 80-W towards PA. Follow 80-W to Exit 302 in PA (Bartonsville). Exit will dead end at Route 611. Follow "From Route 611" directions below.

From Route 611

Turn left on Route 611, heading north. Follow 611-N through two traffic lights. The next street that appears on your left is Golden Slipper Road. The "Knight's Inn" will be on your right, while "Colonial Auto" and the big red "Peterbilt" sign are on your left. Turn left and follow Golden Slipper Road for approximately 2.5 miles (Golden Slipper Road will become Bartonsville Woods Road). Pinemere will be on your right!



Medical Information

Please read this section carefully!

Health Care and Medical Staff

The health and well-being of the campers at Pinemere is extremely important and we take great care in organizing our Health Center. As always, the Health Center will be staffed by qualified professionals who understand the needs of our campers and families. Our Health Center staff will provide round-the-clock supervision in our modern, air-conditioned facility.

Medical Forms

No camper will be permitted in camp without completed medical forms. The medical forms can be completed by logging in to the CampMinder section of our website, and you must submit the signed physician's authorization either to the forms section of CampMinder or to the Philadelphia office by May 1, 2020.

Medical Forms Required:

- Physician's Examination (Updated forms required every summer.)
- Immunization Form
- Health History
- CVS Registration/Authorization to treat

Special Concerns

We are your partners! In order to do our best job and support of your child, please use the Camper Information Form to advise us of any special health, learning, dietary, psychological, behavioral, or other conditions that affect your child. Knowing about a learning difficulty, ADHD, a history of bed-wetting, or a recent loss or trauma in the family makes a tremendous difference in helping us to be sensitive to your child's needs. At our Directors' discretion, this information will be shared in a confidential manner with appropriate staff members in an effort to best serve your child and create an exceptional summer experience.

We encourage you to consider us a full partner in planning for your child's summer. Please feel free to call the camp office to speak directly with one of the members of our team to discuss any of these issues personally. We thank you for your cooperation and understanding.

Medical Insurance

Pinemere Camp will cover your child's medical expenses as follows:

- \$3500 maximum per camper per accident
- \$1500 maximum per camper per illness

Prescription Medications and CampMeds

All campers, excluding SPARK, that take daily meds, including vitamins and OTC pills, must be enrolled (on time) with CampMeds. Cost of program is \$55 for up to 30 days at camp and \$65 for over 30 days.

Please note: Any family who does not enroll with CampMeds will be charged \$180 for the Health Center to distribute medications not received directly from CampMeds.

Except for asthma inhalers, liquids, powder and epi-pens, Pinemere requires that **all** medications be kept in the Health Center. Mealtime medications and bedtime medications will be distributed by our medical staff for your child's convenience.

Health Check

All campers at Pinemere will be checked for head lice and a temperature check upon arrival at camp, before any camper goes to his/her bunk (see below for more information). **Pinemere will be adding additional health screen protocols for coronavirus and will update all families closer to the summer with specific information.** Also, our Health Center will conduct additional health checks throughout each session.

If a camper has a temperature over 100.4, they may not be admitted into camp until they're fever free for 24 hours.

Head Lice

As we have in summers past, this summer we are partnering with the Center for Lice Control to prevent and treat lice in a safe and effective manner. Please see the “Forms & Documents” section of your online account for more information. Families should check their campers before they get to camp.

Contact with Families

The Health Center staff will be in contact with families on the following occasions:

- If your child needs to be sent out to a local doctor or hospital
- If your child has a fever that is 100.4 or above
- If your child will be spending the night in the Health Center
- If your child needs a prescription medication or change of medication
- If your child is seen by our camp doctor and he/she believes a phone call home is appropriate
- If your child needs a splint or wrapping
- If a concussion is suspected
- To follow up about a previous discussion

If you are concerned about any aspects of your child’s health, please feel free to call the camp office.

Doctor and Hospital Visits

If the Health Center staff feels that your child must be seen by a Doctor or at the hospital, your child will be transported to a nearby hospital or urgent care center. If your child is taken to the hospital, or needs outside medical attention, you will be contacted as soon as possible.

Dental and Orthodontic Appointments

A pre-summer visit to the dentist and/or orthodontist is advised to avoid potential problems during the summer. In the event that your child unexpectedly needs dental/orthodontic work, you will be contacted. You may choose to pick up your children from camp and take him/her to your own practitioner, or for us to make an appointment for your child with a local practitioner. Pinemere will do our best to secure an appointment with a local provider. This is not always possible.

Allergy Shots

If your child requires allergy shots while at camp, please leave an ample supply of medication and syringes with the nurses in the Health Center. Our medical staff will be available to administer shots as needed.

Medic-Alert Bracelet

Children who react to specific antibiotics or medications, or who have specific medical ailments should wear a Medic-Alert bracelet, which can be attained through the Medic-Alert foundation in your city. If your child falls into this category and does not already have one, please arrange for one prior to camp.

Vaccination Policy

Pinemere Camp is an engaging and social program in a residential setting. The health, safety and wellbeing of our entire camp community is extremely important and is a priority of Pinemere Camp. In line with the recommendations for standard of care by practicing pediatricians across the country and with Center for Disease Control (CDC), Pinemere Camp requires the age appropriate routine vaccination of all campers, staff and employees. As of Summer 2018, camp will send updates via email about vaccinations.

The following immunizations are required by 28 PA.CODE CH 23.81:

- Four doses of tetanus (1 dose on or after the 4th birthday), usually given as DTP, DTaP, DT, or Td.
- Four doses diphtheria (1 dose on or after the 4th birthday), usually given as DTP, DTaP, DT, or Td.
- Three doses of polio vaccine – oral (OPV) or injectable (IPV).
- Two doses of measles and mumps and one of rubella (MMR) vaccine – one after 12 months of age and second doses of measles, mumps vaccine (preferably given as MMR).
- Three doses of hepatitis B vaccine – the first two doses given one month apart, and the third dose six months after the first dose.
- Two doses of varicella vaccine (chicken pox), the first dose administered at 12 months of age or older, or history of disease documented in writing by a parent, guardian, or physician.

***For students entering Grade 7 or older:**

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) (if 5 years has elapsed since last tetanus immunization).
- 1 dose of meningococcal conjugate vaccine (MCV).

Not required, but strongly recommended:

- The administration of the Hepatitis A vaccine according to the standard AAP/CDC vaccine schedule. Please consult with your doctor about the recommended AAP/CDC schedule for the Hepatitis A vaccine.
- We are strongly recommending the Tdap booster for those 7 and over who need a Tetanus containing booster and who have not already had one Tdap.
- We strongly recommend that all campers and staff receive flu vaccine.

Policy Exemptions:

- Pinemere Camp understands that some individuals are medically unable to receive certain vaccinations. We will require documentation from a physician to exempt the individual prior to the summer program.
- Individuals that do not vaccinate due to religious beliefs may also be exempt by providing documentation prior to the summer program.
- Individuals that are currently part of the Pinemere Camp program may be grandfathered into this policy.

*It is important for families to note – Individuals with exemptions may be excluded from the camp program, at the direction of the Pennsylvania Department of Health, should an outbreak of a non-immunized disease occur.

CampMeds

.....
Pre-packaged Medications for Campers

Dear Camp Parents,

This summer your camp will continue to work with *CampMeds Inc*, a pre-packaged medication program to dispense and package ALL of your child’s medication for camp. Camp families are required to register with *CampMeds* if your child takes medicine while at camp. All pills will be dispensed and individually packaged in sealed packets labeled with your child’s name, medicine, dosage, date and time to be given. Our system ensures that each camper receives their correct medicine at the right time of day. All medication will be shipped to camp prior to your child’s arrival.

The **CampMeds** affiliated pharmacy will dispense all prescription and non-prescription pills taken daily or as needed. Medication not in pill form (liquids, powders, inhalers, drops, etc), can be dispensed as well.

What you need to do:

1. Register on www.CampMeds.com and Print receipt-you may register prior to obtaining prescriptions
2. Obtain original written prescriptions or Electronic prescriptions (E-scripts) prescribed for 30 day increments. If your child attends camp over 30 days, Rx’s must have a refill.
3. **Written Prescriptions-Complete med list page and forward to CampMeds with written prescriptions.**
4. **Electronic Prescriptions- Complete med list page noting” E-Scripts to follow” and forward to CampMeds. Pharmacy details regarding Electronic prescribing (E-scripts) will be printed with your registration receipt.**
5. **Controlled Substances only:** If your child is staying longer than 30 days, law requires a new Rx for each 30 day supply. Two separate 30 day Rx’s are required for Controlled Substances. Send all prescriptions together. We must receive the original Rx or electronic prescription from physician.
6. **IMPORTANT:** Prescriptions are filled as written. It is your responsibility to confirm the correct medication, dose and exactly how and when your child takes the medication as prescribed.
7. Write Camper ID # on top corner of prescriptions. ***Do NOT send us medicine, only the written RX.**
8. Include a copy of both sides of your insurance/prescription card
9. Mail written prescriptions, registration receipt and copy of insurance card directly to:
CampMeds PO Box 550698, Ft. Lauderdale, FL 33355-0698

Fees: There is a one-time registration fee for the entire summer which will be charged to your credit card immediately upon registration. **Fees are per camper, not RX, and do not include the cost of medicine.

- Fee for campers attending up to 30 days of camp is \$55 including shipping
- Fee for campers attending over 30 days of camp is \$65 including shipping

Deadlines: 30 Days Prior to Your Camper Start Date

A \$25 late fee **will be charged to your credit card if any of the items above are received after deadlines.**

Please be aware that your credit card will be charged any additional shipping cost for medication prescribed after your child’s initial medication and/or refills have been sent to camp.

Email Notification: You are notified by email when **CampMeds** receives your online registration, when your prescriptions are received and when meds are sent to camp. Contact us if you do not receive a confirming email within one week of sending prescriptions.

Insurance/Prescription Meds: The **CampMeds** pharmacy partner accepts most insurance plans. They will verify your insurance upon registration and submit to your plan once camp begins. You are responsible for all co-payments, deductibles, meds and written prescriptions not covered by your insurance. * If the pharmacy is not a provider for your insurance, we will notify you to arrange alternative plans. All med charges will appear on your credit card statement from the Pharmacy usually after your child returns home.

OTC Items and Meds Not Covered by Insurance: Will be charged to your credit card by the Pharmacy.

Please refer to our website www.CampMeds.com for registration and important details. For questions contact *CampMeds* at 954-577-0025 or info@CampMeds.com. Please review the following important FAQ's.

CampMeds FREQUENTLY ASKED QUESTIONS-PILLS

1. Do I need to register my child again if I registered last summer?

Yes, please log in to your account and update information for the summer 2019

2. Exactly which medications am I required to have CampMeds dispense?

All prescription and non-prescription pills and vitamins (taken daily and “as needed”)

Except: insulin, growth hormone injections, birth control pills, Accutane

Most camps stock drugs such as Tylenol, Advil, Benadryl, etc; you do not need to have CampMeds dispense those typical items if they are only taken “as needed”. Check with camp to confirm the OTC meds they stock. If your camper takes herbal/specialty vitamins, please contact CampMeds to determine if they can be packaged

3. How can I be sure the meds will be packaged exactly the way my child takes them?

It is your responsibility to check that the prescription is written correctly. If the med is to be taken daily, the prescription should specify daily, with the time of day, (morning, lunch, bedtime, etc.). If a prescription is written as “once a day” with no specific time, the medication will be packaged for the morning. If the med is taken only “as needed” (PRN), the prescription must be written to specify only “as needed”.

4. Will the CampMeds pharmacy partner accept my insurance? If so, are all medications covered?

Our pharmacy partner is contracted with most insurance plans however, until you submit your online registration form with complete insurance information, your plan cannot be verified for billing. We will contact you if our pharmacy partner is not a provider for your prescription plan. We suggest you review the Rx with your physician to confirm it is written exactly the way your camper takes the medication before sending to CampMeds. If a new medication OR dose is prescribed, contact your prescription plan to confirm the medication and dose is covered for a 30-day supply. If your insurance changes and the pharmacy has already sent medication to camp, you will be responsible for co-pays, deductibles, and prescriptions not covered if the pharmacy is not a provider for your plan. If you do have an insurance change, please fax/scan the updated insurance card as soon as possible to CampMeds. If you do not follow these steps and your new insurance denies the charges, we reserve the right to charge your credit card for the full cost of medication. All credit card charges from the pharmacy will appear as a separate charge after your child returns from camp.

5. Will my co-pay be the same with the CampMeds pharmacy partner?

Our pharmacy partner will verify they are a provider for your insurance, but there is no way for them to determine your co-pays will be the same as you pay at your local pharmacy. There are some insurance plans that do charge higher co-pays depending on which pharmacy fills the meds. You can contact your plan to confirm medication co-pays via the CampMeds Pharmacy partner. Please keep in mind that insurance plans change frequently, so it is a good idea to contact your prescription processor prior to forwarding your child’s prescriptions to CampMeds.

6. What if I use a mail order pharmacy or have a 90-day prescription plan?

Usually our pharmacy can only dispense a 30-day supply of meds. You will be responsible for 30-day co-pay determined by your insurance plan. After registering with CampMeds, we ask that you contact your member services to confirm the following:

Your RX plan is NOT mandatory mail order for the meds we will dispense

Your Rx plan does not have any limitation on how many times you are allowed to fill outside your mail order plan

What your 30 day co-pays will be for the meds

We ask that you request a Vacation Override from your insurance company so our pharmacy can get paid when they submit to your insurance on the day camp begins. The camp start date will be the submitted fill date

You will then need to ask your physician to write a 30-day prescription to send to us. (with refill if applicable)

You will need to avoid refilling the med within 60 days of the camp start date, or you can request only the number of days needed until the start date of camp since that will be the date we will submit to your insurance. This will enable the pharmacy to process the medication thru your insurance when camp begins

If your plan does not allow you to get 30-day prescription filled with our pharmacy, please email CampMeds

7. Can you accept an Electronic Prescription directly from the physician?

YES. You will need to provide the physician with the Pharmacy Name that is listed on all of your automated emails and the CampMeds receipt that you print at the end of registration. All other paperwork (registration receipt and Med List Form) should be forwarded directly to CampMeds

8. What if my child's medication needs to be refilled while at camp?

Medication prescribed for "daily" use is automatically refilled by our pharmacy and sent to camp for campers attending over 30 days. Prescriptions must be written with refills. (Except for Controlled Substances which require two separate 30-day Rx's) PLEASE NOTE: Refills will be billed 30 days after the initial billing. Do NOT refill your child's medicine while at camp. This will cause your insurance to reject our pharmacy claim submitted for your child's medication, and you will be charged full price for meds dispensed. Once your camper finishes any unused meds brought home from camp, along with any meds left at home prior to camp, you may then refill your child's medication. You will fall right back in to your refill cycle!

9. How are "as needed" medicines packaged?

CampMeds will package "as needed" (PRN) medicine separately from daily meds. Your child will go to the nurse for these medications when he/she needs them and they will be refilled only if necessary. The camp nurse will contact CampMeds if a PRN med needs to be refilled. Unused meds will be sent home at the end of camp.

10. What if I need to fill a prescription for my child before camp starts?

You may refill your child's medication any time before camp, if necessary. The pharmacy will not bill your insurance until camp begins, but, in order to help ensure that medications for camp will be covered by your plan, please have your insurance put in an "override" for the CampMeds pharmacy for the start date of camp which is when the claim will be submitted to your insurance.

11. I can only refill my child's medicine when is down to his last pill. How can the pharmacy send the meds to camp before a refill is due?

The pharmacy will dispense the meds and send to camp prior to your child's arrival, but will not submit to your insurance until the day your child begins camp. If necessary, the pharmacy will

resubmit the claim form on the appropriate date for reimbursement if a vacation override is not given for the camp start date.

12. Why don't you dispense meds for the exact days of camp, rather than in 30 days' increments?

Most insurance plans only reimburse for 30 days of meds/month, and you the insured, pay co-pay for each 30-day supply. When the Rx is written for less than a 30-day supply, your co-pay will cost the same as a 30-day supply. Refills should also be for the full 30-day supply; as unused meds are sent home from camp.

13. Will non-prescriptions cost the same as I pay at my pharmacy?

The pharmacy is competitive in pricing but there is no way to know if you will pay a few dollars more or less.

14. Can a half of a pill be packaged? YES

15. My child takes a different dose of the same pill every other day. Can it be packaged that way? YES

16. Will the pharmacy dispense generic or brand?

Unless the prescription is written with the words "Brand Name Necessary," the pharmacy will dispense generic. It is your responsibility to confirm the prescription is written correctly.

17. What if my child takes a "Controlled Substance" such as Concerta or Adderall?

An original prescription is required. For campers staying more than 30 days, an additional prescription for a 30-day supply of meds is required. It is against the law for a "controlled substance" to be refilled. Please send a separate prescription for every 30-day supply. All prescriptions for the child's camp stay can be received by CampMeds at the same time. We can accept two separate 30 day prescriptions written for the same date, but they will only be dispensed one month at a time. The physician may also write both prescriptions each with a different date. Please visit our website at www.campmeds.com for a detailed letter you may give your physician on controlled substance prescriptions to be dispensed by the CampMeds pharmacy.

18. What if my child is placed on a prescription or non-prescription daily medication after the deadline date to register and submit prescriptions has passed?

CampMeds will always accommodate all campers at any time. You may need to send your child with a small supply of meds as back up and the \$25 late fee will apply.

19. What if my child requires a new medication while at camp?

Our pharmacy will always send out any additional medication and/or dose change. You will be charged the shipping cost for any med change or if additional meds are ordered and sent to camp after your initial medication and/or refills have been sent

20. When will the pharmacy charge me for my camper's medications?

Since our pharmacy partner will not submit to your insurance until camp begins, you may not receive a charge on your credit card until two months after your camper returns home. Please notify us of any credit card changes during the summer.

Staff & Supervision

Our most important off-season task in preparing camp for your child is the hiring and training of our exceptional staff. We pride ourselves on the quality of the individuals that work with the campers, as well as the staff that support their work all summer. All staff members will be part of a pre-camp Orientation & Training program (lasting roughly 20 days), as well as in-service education during the camp season. From our directors, to our supervisors, to our counselors, we will be working hard to enhance the feeling of community, qualities of leadership, consistency of supervision, and the sense of respect that all campers, teens, and staff enjoy at Pinemere.

Contributions

Pinemere does not allow staff to accept tips. Our counselors are professionals who are dedicated to serving every camper equally during the summer. They understand that they cannot accept any gratuities for their work. Families can show their support of staff by making a contribution in their name to Pinemere's scholarship fund. These donations are tax-deductible. If you make a donation in honor of a staff member, the staff member will be notified of such contributions.

Contributions to Pinemere Camp are greatly appreciated! Many families choose to make a donation on the Camper Application form when enrolling children for camp, while others opt to make a contribution at the end of a session to recognize the work of a counselor or to "thank" the camp. All contributions to Pinemere Camp are tax-deductible.



Technology at Camp

PINEMERE IS A SCREEN-FREE CAMP!

Here are some great reasons that we have chosen to make Pinemere a Screen-Free environment:

- Encourage our campers to spend more time enjoying the outdoors
- Promote socialization between campers and teach important communication skills
- Remove the divide between the “haves” and the “have-nots” in each bunk
- Reduce the stress associated with the damage to and theft of electronics
- Give campers a much-needed break from the world of technology
- Allow campers to fully embrace the connections they make with other campers
- Assure that our campers are not exposed to age-inappropriate material

We are happy to specifically clarify how this is defined at Pinemere:

Allowed:

- Tape Deck
- 8-Track system
- Record player
- Walkman/CD Player
- AM/FM Radio
- Cameras
- Magazines
- Books
- Cards
- Fit bit
- Mad Libs
- Crossword Puzzles
- Music-playing device that does not have a screen with video capabilities
 - The one exception to this rule is the iPod Nano. Campers are permitted to bring an iPod Nano to camp but all photos and videos must be deleted from the device prior to arrival at camp.
 - Camp reserves the right to check music players to ensure they meet our technology standards and may hold such devices in the office until the completion of the summer.

Here are a few music players we suggest that are easily available on amazon.com or at your local electronics store:



Sandisk 8GB Clip Jam MP3 Player



FecPecu Portable MP3 Player



iPod Shuffle



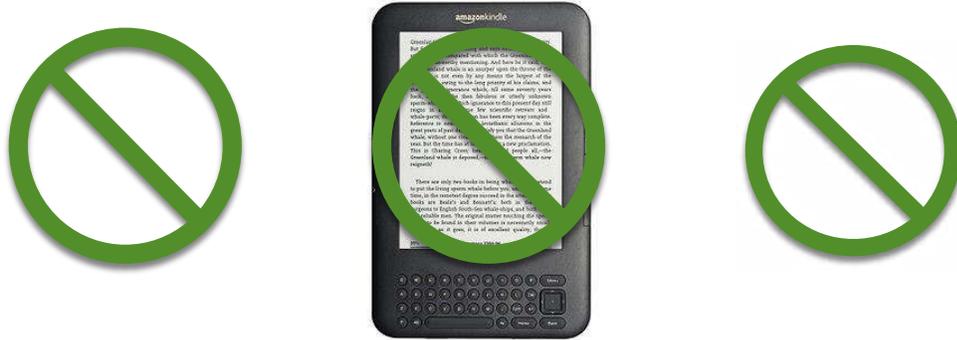
AGPtEK M20S Mini MP3 Player



iPod Nano (with all video and photos deleted prior to camp)

Not Allowed:

- Cell Phones
- Laptops or Desktops
- TVs
- Tablets
- PSP, Nintendo DS, other gaming devices
- iPads, iPod Touches, other iPods with video
- Kindle Fires, Nooks, other E-readers
- Video Cameras
- Apple Watch



Cell Phones

Campers are not permitted to have a cell phone at camp under any circumstances. We would appreciate the cooperation of parents/guardians with this policy, including restricting their own use of cell phones in camp on arrival day, visiting day, and departure day. If your child is flying to/from camp and they travel with a phone, it will be kept in the office safe when they arrive at camp and returned at the end of the session. **Any cell phones found at camp will be mailed home to families.**

Digital Cameras

Taking snapshots of the fun times our campers enjoy while at Pinemere is something we love to do – thousands of images have been captured by our staff in recent years. In addition, we do allow campers to bring cameras with them and use them during certain special activities during the summer. We do, however, have a few rules concerning the use of cameras at camp during the summer:

1. Campers are not permitted to use the video option to take video, except when specifically permitted. We recommend disposable cameras (and sell them through our canteen) to prevent the loss or damage of any expensive equipment.
2. Cameras are not to be carried around during the day, but can be brought to specific programs with permission from a unit leader.
3. Due to concerns regarding personal privacy and liability, Pinemere Camp reserves the right to limit the use of photographic equipment, and the areas/activities in which photographs may be taken, during the summer.

We view the opportunity to disconnect as a gift for your children while at camp. Thank you for supporting this effort to simplify the camp experience and to build additional interpersonal skills.

Additional Information



Activities

Campers will participate in the following daytime activities while they are at camp this summer:

Bunk Activities

During the normal camp day, there are 3 bunk activities scheduled. Camp schedules these each week to ensure that campers get to experience all Pinemere has to offer and to ensure a day offers a variety of activities. At the start of the week campers will have the schedule posted for them so that they know what's coming. When bunks go to these activities with their counselors, they enjoy the instruction and leadership of the specialty staff. All campers are expected to participate, to the best of their ability, in all activities.

Electives

Electives are activities that are chosen by campers on their own and make up the three afternoon periods. The electives are all activities that are run by specialty counselors, and are divided into age/gender-appropriate groups as needed. Campers are given a list of all electives after a few days of camp, and they rank their top three choices. The programming staff then assigns top choice electives for each camper for the upcoming week. Electives change weekly.

Swim Instruction

Instructional swim periods are held 3 days per week, and are run by the American Red Cross (ARC) standards. Campers are divided into groups at the first swim of their session, and are given ongoing instruction to help them improve their skills, no matter the level. These groups are guided by qualified lifeguards, and receive assistance from other counselors when needed. All campers are expected to take a "Deep Water Swimming Test" at the start of the session. If campers do not pass, they are able to retake the test as many times as they would like. 9th grade campers will not be required to participate in standard ARC swim instruction; instead, these campers will be provided with a special program that challenges them to perform fitness and gain other equivalent skills.

Bar/Bat Mitzvah Tutoring

We have a number of capable staff at camp who can assist your child in preparing for his/her upcoming Bar/Bat Mitzvah. Our staff members can be scheduled to meet with your son/daughter weekly (usually during rest period). Please send all of his/her materials to camp, including notes from the Rabbi or Cantor that would be helpful in utilizing the tutoring time most effectively. Please note that these sessions are used to review material your child has already learned, not to teach new material. If your camper has recordings of prayers/Torah reading/etc to help them practice, please make sure those recordings are on a device that meets our technology standards (see page 17-18).

If you are interested, please complete the Bar/Bat Mitzvah Tutoring Form, which is available in your online account. Contact our office if you have any further questions. There will be a \$100 fee for tutoring.

Birthdays

Every child celebrating a birthday at camp will receive recognition and lots of attention from the entire camp. The birthday girl or boy will receive a cake of their choice, which is shared by his/her bunk at lunch or dinner, and the whole camp will sing "Happy Birthday" to him/her. If you would like to send special decorations or small gifts for the birthday camper, please contact the camp office in advance to make arrangements.

A brief call between a camper celebrating a birthday and his/her parent(s) will be provided (from camp, to the family). Our office will contact you to arrange the birthday call, which takes place during the morning hours, except on Saturday, when it will take place in the evening.

Bunk Placements

All camper placements are made by our camp directors. We take several factors into consideration when making these decisions, including any special requests for bunk placement made via our website in the Bunking Requests section of CampMinder. These requests will be limited to TWO names. If you have made requests other ways, please note that the only requests to be considered will be those listed in CampMinder under “Bunking Requests.” Please note while we do our best to meet everyone’s requests, mutual requests are prioritized and we can only guarantee one person. In the event that we are not able to meet your request, a member of our team will be in touch to go over the options.

The announcement of placements will be made once you arrive at camp.

Cancellations

Refunds for cancellations made from November 30, 2019 until May 1, 2020 will be made upon written request, minus a cancellation fee of \$350. On or after May 1, 2020, any cancellation will result in loss of all monies paid.

Incident Response & Security

The health and well-being of the campers and staff is our highest priority. Our professional and summer staff spend considerable time developing protocols to maintain the safety of our camp community, and creating effective planning for responding to any type of crisis. For more information, please contact our Executive Director.

Discretionary Account

Your all-inclusive 2020 tuition covers all expenses for your child during the summer (including all snacks from the canteen). A “Discretionary Account” should be established by families for each child, allowing the camper flexibility in ordering sundry items from the canteen during the summer. These items may include camp gear (T-shirts, sweatshirts, stuffed animals...), stamps, batteries, and toiletries. Campers without money in this account will not be able to purchase items. You can fund your child’s account by accessing the “View Accounts” section in your online account. Here, you can also view any purchases made by your child during the summer and add funds to the account throughout the season. The unused amounts of this account, above \$10, are fully refundable at the end of the summer (by check mailed to all families). Although this account is totally at your discretion, **we recommend at least \$60 per session for each child.**

Please note that all campers will receive one white Pinemere t-shirt upon arrival at camp. Additional camp gear (not required) can also be purchased on the first and last day of camp and on Visiting Day.

Dress Code

We require each camper to dress in a way that reflects respect for the environment of camp, and meets generally acceptable standards of cleanliness, neatness, and modesty. We suggest that families and campers discuss levels of appropriateness before arriving at camp, and to remember that Pinemere is a place where we play in the dirt, get wet, sweat, and play.

Please note that shirts or other clothing with inappropriate wording or graphics will not be permitted. This includes clothing that uses sexually explicit or profane language or promotes the use of alcohol, drugs, or smoking. With regard to bathing suits, shirts, skirts, shorts, etc., Pinemere Camp staff may ask a participant to change his/her clothing if deemed inappropriate.

Evaluations

At the conclusion of the summer season you will receive via email an evaluation to complete about your experience. We ask for you to provide feedback and insights on the summer in order to ensure another fabulous Pinemere experience for your family and others. Campers fill out surveys about their camp experience during the summer.

Eyeglasses & Contact Lenses

If your child wears glasses or contact lenses, we encourage you to send extra pairs and/or prescriptions to camp. These would be best kept in our camp office or health center. If he/she needs urgent eye-care during the summer, we will contact you before making a decision on treatment.

Family Vacation/Unavailable

If you are going on vacation and/or will be unreachable while your child is at camp, please email camp@pinemere.com with details. We want to make sure that we have the necessary contact info while you are away.

Food

Our chefs prepare meals that are nutritious, plentiful, and offer variety. Many of our campers and staff have their own dietary needs, so we substitute acceptable items whenever needed. There are always alternative meals for those with allergies or legitimate restrictions. Salad bar, soy nut butter and jelly, fresh fruit, gluten-free, and vegetarian alternatives are available for campers at lunch and dinner each day. We plan meals that have an abundance of fresh items, including fruits and vegetables, as well as traditional camp favorites.



If your child has any special dietary needs, please note them on the Health History form.

Laundry

Laundry is done once each week by an outside professional laundry service. Laundry is picked up at camp on Monday/Wednesday mornings and delivered back to camp on Wednesday/Friday afternoons. Each camper will need his/her own personal laundry bag for dirty clothes, but large bags will be provided for the bunk to send items to the service. Please remember that all items should be clearly marked with the camper's full name. We suggest using permanent or laundry markers, sewn-on or ironed-on labels.

Lost & Found

Pinemere Camp does not assume responsibility for the loss or damage of items brought to camp. We return lost and found items regularly throughout the camp season. Please mark all of your camper's belongings with his/her first and last name. All items not claimed within two weeks of the end of the camp season will be laundered and donated to a charitable organization.

Money & Valuables

Campers do not need any money with them at camp. All expenses are included in your child's tuition. Money and valuables brought to camp will be stored in our camp safe and returned to families at the end of the session. We cannot be responsible for any items/valuables brought to camp that are misplaced or damaged.

Mosquitoes & Insects

<https://www.ivyoaksanalytics.com/>

Pinemere is a certified camp with Ivy Oaks Analytics. Ivy Oaks Analytics provides a service that controls ticks, mosquitoes, and poison ivy. It provides the best outdoor safety! We also are quite diligent in having our staff apply insect repellent to our campers on a regular basis.

Musical Instruments

If your child plays an instrument, we encourage them to bring it to camp. Please consider that all instruments are kept in the camper's bunk, and we cannot be responsible for any damage to the item. If your child does not have an instrument, but would like to learn how to play the guitar, we have programs and staff members available for instruction – we'll even try to lend them a nice "six-string." "Camp Rock" will be offered as an individual elective, and will also be offered to bunks who select to participate. "Camp Rock" will strive to instill a love of creating music in our campers, and will seek to teach the next generation of Pinemere song leaders how to play guitar, drums, and lead sing-alongs.

Pets

Please keep personal and family pets (including dogs and cats) away from all camp property. This includes bringing your child's new puppy or favorite kitty on arrival, departure, or visiting day – even if the pet is well-trained. Anyone who brings a pet onto the premises will be asked to remove the pet immediately.

Pictures

"Official" photographs of each camper and bunk will be taken and added to CampMinder at the beginning of each session. We also post 200+ photos every day except Shabbat, so you can see your children in action around camp. From here, families can opt to purchase images if they wish.

Reunion

Pinemere Camp hosts an annual camper reunion during the off-season. All campers (and staff) in attendance the prior summer are encouraged to attend. Information will be sent out via email prior to the event.

Sports Equipment

All of our campers are guaranteed a high-quality sports experience at camp this summer. We supply modern equipment for use by all ages of campers. If your child wishes to bring his/her own equipment, please make sure your child's name is clearly labeled.

Tattoos, Piercings & Haircuts

No new piercings or tattoos are permitted while at camp. As well, campers will not be permitted to cut/color their hair while attending camp, without permission from families and camp directors. If you have any specific questions regarding this policy, please contact us.

Telephone Calls

Campers are not allowed to make or receive telephone calls while at camp. Feel free to call our summer office as often as you like – whatever you need to feel comfortable while your child is at camp. One standard exception to our telephone policy will be the permission of campers celebrating a birthday while at camp to have a very brief call with a member of your family. This will be scheduled as described in the "Birthdays" section.

Tours of Camp

If you have any friends who would be interested in taking a close-up look at Pinemere for future enrollment, please encourage them to contact the camp office at 570-629-0266 or visit www.pinemere.com/tours to join us for a tour of camp. Tours are offered on Sundays at 11 AM & 3 PM, except on arrival and departure days. RSVPs are required.

Trips

As part of our program at camp, we occasionally take our campers out of camp for special activities and trips. These excursions include such things as canoe trips, mountain biking, ice skating, and a local water park. For these programs, our staff maintains the same strict policies on supervision, and all activities are overseen by on-site administrators and other essential staff. Parents/guardians may not meet their campers while they are out of camp during the session.

Visitation Policy

Only people with prior involvement at Pinemere (alumni, board members, etc.) will be permitted to visit with prior permission by our camp directors. In the event that a parent/guardian needs to visit camp or pick up his/her child for any reason, please contact the camp office to make arrangements. Individuals who are picking up or dropping off CITs or staff members on their days off must stay in the office only. They are not permitted into camp.



Appendix A – Camp Schedule

Sunday, Tuesday, Thursday		Friday Schedule	
7:30 AM	Wake-Up	7:30 AM	Wake-Up
7:55 AM	Flag Raising	7:55 AM	Flag Raising
8:00 - 8:40 AM	Breakfast	8:00 - 8:40 AM	Breakfast
8:45 - 9:25 AM	Morning Prep	8:45 - 9:25 AM	Morning Prep
9:30 - 10:15 AM	First Period - Bunk Activity/Instr. Swim	9:30 - 10:15 AM	First Period - Elective
10:30 - 11:15 AM	Second Period - Bunk Activity/ Instr. Swim	10:30 - 11:15 AM	Second Period - Elective
11:30 AM - 12:15 PM	Third Period - Bunk Activity/ Instr. Swim	11:30 AM - 12:15 PM	Third Period - Elective
12:30 - 1:15 PM	Lunch	12:20 - 1:10 PM	Lunch
1:20 - 2:10 PM	Rest	1:15 - 2:00 PM	R/L Free Play - H/V Free Swim
2:15 - 3:00 PM	Fourth Period - Elective	2:15 - 3:00 PM	R/L Free Swim - H/V Free Play
3:05 - 3:15 PM	Snack	3:05 - 3:15 PM	Snack
3:15 - 4:00 PM	Fifth Period - Elective	3:15 - 5:10 PM	Shower time
4:15 - 5:00 PM	Sixth Period - Elective	5:20 - 6:20 PM	Shabbat Services
5:05 - 6:05 PM	Shower time	6:30 - 7:20 PM	Dinner
6:10 PM	Flag Lowering	7:25 - 8:55 PM	Tie Dye Friday
6:15 - 7:00 PM	Dinner		(R/L until 8:35)
7:05 - 7:45 PM	Free Play	8:40 - 9:45 PM	R/L Circle Time
7:50 - 8:50 PM	R/L Evening Activity	9:00 - 10 PM	H/V Circle Time
7:50 - 9:10 PM	H/V Evening Activity	9:45 PM	R/L Lights Out
8:55 - 9:45 PM	R/L Circle Time	10:00 PM	H/V Lights Out
9:15 - 10 PM	H/V Circle Time	10:00 PM	Unit Staff Meeting
9:45 PM	R/L Lights Out	12:55 AM	Staff Curfew (Bunk)
10:00 PM	H/V Lights Out		
10:00 PM	Unit Staff Meeting		
12:30 AM	Staff Curfew (Camp)		
12:55 AM	Staff Curfew (Bunk)		
Monday & Wednesday Late Wake-Up Morning		Saturday Schedule	
8:30 AM	Wake-Up	by 9:00 AM	Wake-Up
8:55 AM	Flag Raising	9:00 - 9:45 AM	Breakfast
9:00 - 9:40 AM	Breakfast	9:45 - 10:00 AM	Family Time
9:45 - 10:25 AM	First Period- Morning Prep	10:10 - 11:10 AM	Shabbat Services
10:30 - 11:15 AM	Second Period - Bunk Activity	11:20 AM - 12:20 PM	Sing
11:30 AM - 12:15 PM	Third Period - Bunk Activity	12:30 - 1:15 PM	Lunch
12:30 - 1:15 PM	Lunch	1:20 - 2:10 PM	Rest
See daily schedule for remainder of the day		2:15 - 3:00 PM	Fourth Period - Elective
		3:05 - 3:15 PM	Snack
		3:15 - 4:00 PM	Fifth Period- Elective
		4:15 - 5:00 PM	Sixth Period- Elective
		5:05 - 6:05 PM	Shower time
		6:10 PM	Flag Lowering
		6:15 - 7:00 PM	Dinner
		7:05 - 7:40 PM	Free Play
		7:45 - 8:00 PM	Havdalah
		8:05 - 8:50 PM	R/L Evening Activity
		8:05 - 9:10 PM	H/V Evening Activity
		8:55 - 9:45 PM	R/L Circle Time
		9:15 - 10 PM	H/V Circle Time
		9:45 PM	R/L Lights Out
		10:00 PM	H/V Lights Out
		10:00 PM	Unit Staff Meeting
		12:55 AM	Staff Curfew (Bunk)



Appendix B – Packing List

Please consider this information when preparing your child for camp. We have tried to share our many years of experience to help you adequately provide for your child's summer, while being careful not to burden you with unnecessary costs. Remember, camp is an informal setting.

General Clothing

- 10 T-Shirts
 - 1 GREEN shirt for *Maccabi*
 - 1 BLUE shirt for *Maccabi*
 - 1 Tie Dye shirt for Friday
 - 1 White shirt to *tie dye*
- 4 Sweatshirts
- 2 Sweatpants
- 8 Shorts
- 2 Pants/J Jeans
- 5 Bathing Suits
- 12 Underwear
- 14 Socks
- 4 Sleepwear/Pajamas
- Optional: Long-sleeve T-Shirts, Tank Tops

Shabbat Clothing

- 3 White Shirts
- 2 White Long-Sleeve Shirts
- 2 Khaki Shorts (light color)
- 1 Khaki Pants (light color)
- White shirts may have logos, can be Pinemere shirt
- Optional: Kipah, Khaki Skirt

Outerwear

- 1 Rain Coat/Poncho
- 1 Baseball/Brimmed Hat
- Optional: Additional Hats, Fleece Jacket, Windbreaker

Footwear

- 1 pair Sneakers (All-purpose)
- 1 pair Sneakers (old)
- 1 pair Waterproof shoes/Rain Boots
- 1 pair Shower Shoes/Flip-Flops
- *9th graders- Water shoes for Canoe Trip

Sports Gear

- Optional: Baseball Glove, Tennis Racket, Lacrosse/Hockey Stick, Fishing Rod

Linens & Bedding

- Beds are cot-sized
- 1 Pillow
- 2 Pillow Cases
- 2 Bottom (fitted) Sheets
- 2 Top Sheets
- Provide extra sheets for bed-wetter.
- 1 Blanket
- 1 Sleeping Bag
- 8 Towels
- 1 Egg crate/Mattress Pad (optional)
- Optional: Wash Cloths, Bathrobe, Stuffed Animal

Toiletries

- Toothbrush & Case
- Toothpaste
- Soap & Soap Case
- Shampoo
- Drinking Cup (non-breakable)
- Brush/Comb
- Deodorant
- Kleenex
- Toiletries Container/ Bucket/Plastic Bin

Sundry Items

- 2 Water Bottles (labeled!)
- Laundry Bag
- Insect Repellent/Bug Spray
- Sunscreen
- Flashlight & Batteries
- Stationery & Envelopes
- 35/20/15 Stamps (Full/First/Second Session)
- Pens & Pencils
- Books, Comics, and Magazines
- Games & Hobbies
- Camera
- Hand-held Fan (Battery-Operated)

- Optional: Small Backpack, MP3 Player, Batteries, Book Light, Diary, Photos, Costumes, Hair Dryer, Handheld Mirror, Watch/Clock, under-the-bed plastic storage

Do NOT Pack

Hand-held Electronic Games
Electric Fans (Battery is OK)
Expensive Electronics/Toys/Games
Television/Computer/Video
Cell Phones
Walkie-Talkies/2-way Radio
Knives/Weapons (of any kind)
Expensive Clothing
Inappropriate Music
Sexually-suggestive Clothing Items
Money or Valuables

Label Everything

All clothing, equipment & materials must have your child's name marked clearly. We recommend a permanent/laundry marker, but other labels are okay.

What to Pack In

Almost anything will suffice-as long as it can get the stuff to camp (and be saved to be used for the return trip.) Trunks, bags, etc. will not be available while at camp, however under-the-bed storage boxes may be used for additional storage. 7H x 39W x 20D

Don't Send Expensive Stuff

We're not responsible for personal effects damaged or lost. Please consider this before sending clothing or supplies with your child.

Don't Over-pack

We provide space for the storage of your child's supplies, but sending too much stuff will create difficulties. Please try to stay close to this list.

Don't Spend a Lot of Money

A summer at camp is costly enough without buying tons of supplies. If you need some advice, just call us. Remember that serviceable items are key-we're a very informal and "outdoorsy" camp!

Appendix C – Family Time

Here are some packing pointers & Suggestions!!

Most items can be purchased at Target or on Amazon!

Fabric Cube Storage Bins 11”

Fits right into your cubby!

They are great for keeping your clothing organized!
Especially your socks, underwear, etc.



Sterilite Clearview 3 storage drawer organizer

Fits right onto your cubby!

Great place to keep stationary, books, magazines, etc.

Store & Slide Storage Box

Slides right under your bed!

Great place for shoes or other miscellaneous items.



Duffel Ba42”x20”x20”

Will be stored at camp after unpacked & used for packing to go home.

Excellent way to pack all your clothes for camp!

Rain Boots

Very popular on rainy days at camp!

No matter the color or style, these boots are sure to make an appearance on those cozy rainy days.



Egg Crate Foam Mattress Pad

To place on your cot size mattress.

Appendix D – First Time Advice

Advice for Families with Campers Going to Camp for the First Time

According to Bob Ditter, psychologist and camping expert, the more a child has a chance to “practice” behaviors that are similar, the more the child will experience mastery. Going away to overnight camp for most children will be most successful if families try the following:

Speak to the parent/guardian of a child who has already attended Pinemere

Families have their own language when it comes to children, and a family who’s been there can offer insights into camp. If you would like to contact families before the summer, please call the camp office and we can provide references for you.

Visit camp if possible

Visiting offers a chance for your child to help them visualize themselves being there. Sign up for an upcoming tour on our website! <https://www.pinemere.com/future-campers/schedule-a-tour/>

Begin having overnights

If your child has never had a sleepover, start with either a best friend in the neighborhood or with a favorite relative (grandparents, cousins, etc.)

Showers

If your child typically takes baths at home, have them begin “practicing” taking showers, and turning the shower on & off on his/her own.

Getting ready

Have your child participate both in shopping for camp and some of the packing. Practice folding clothes and making a bed from “scratch.”

Problem solve with your child before camp

“What should you do if you run out of underwear?” “What will you do if you are not feeling well?” Families might want to try role-playing some possible camp problems with their child.

Speak openly about your child being away

Check your own feelings about having your child be away for three, four or seven weeks. Children are keen sensors of parental angst. If you are not ready yourself, it may be harder for your child to leave and feel permission to have fun.

Develop a good relationship with the directors

If you or your child is homesick, an understanding director can help you through the rough spots.

Remember why you are sending your child to camp in the first place:

To have fun, make great friends, learn more about him/herself, and grow a little more self-confident and self-reliant.

Appendix E – Camper Prep

Help with Homesickness

It is important to remember that going to camp can be a major change for any child and that a camper can be homesick at day camp just as easily as at resident camp. The most important thing is for families to feel good about camp themselves, and about the idea of their child being there.

- ★ When packing for camp, ask your child what special (non-valuable) personal items they might want to take along. This is to increase comfort levels by having something familiar nearby as they adjust to a new place.
- ★ Talk about going to camp in the days leading up to it. About one week beforehand, start talking about what they are looking forward to, what they want to do most at camp when they get there, etc.
- ★ Speak openly about homesickness. Mention that kids often feel jittery about going to a new place and inquire about how they are feeling. Feeling nervous is normal. Reassure your child that you believe in them and their ability to make friends and have fun.
- ★ Second-year campers (and other “veterans”) can also experience homesickness. This sometimes comes from pressure that last summer was “the greatest time of their life.” Remind your child that he/she will once again have fun, and will have new experiences and will make new friends to add to their awesome experience.
- ★ Have a letter ready to mail a day or two before camp begins so it is there the day your child arrives. Avoid long descriptions of all the things he/she might be missing, as this may make him/her feel torn about missing out.
- ★ If your child is a bed-wetter, has any medical restrictions, or needs extra attention, it is imperative that this information is shared with our staff before the summer. If your child is a bed-wetter, please be sure to send extra sets of sheets and disclose your “tapping” methods to the director who in turn will share the appropriate information with your child’s counselor. We appreciate this information, and it will allow us to better serve your child’s needs.

What to Say (and What NOT to Say)

Here are examples of GREAT things to say to your children as they prepare to leave for camp:

“Pinemere (or ‘Mitch’, ‘Aaron’, ‘Linz’, etc.) knows how to get in touch with me if they need to.”

“I’m going to be checking out the website every day to see how you’re doing.”

“I’m going to write to you all of the time.”

“I love you, and I’m really happy that you’ll be having this awesome experience this summer.”

Here are some **NOT GREAT** things to say to your children as they prepare to leave for camp:

“I’ll pick you up early if you get too homesick.”

“Just try camp for a week and see how you like it.”

“You have to go to camp so that we can get a vacation.”

“You can call me anytime.”



Appendix F – Contract of Understanding

Pinemere Camp is dedicated to offering children, teens, and staff a chance to enjoy a summer camp experience in a majority Jewish setting where they can grow socially, emotionally, and spiritually.

We strive to create a community that is safe for individuals to take risks by providing them the tools necessary to find success in doing so. It is our goal to provide a well-supervised and nurturing environment for our campers and teens and only employ exciting staff members who understand their roles as strong role models, educators, and supervisors. Pinemere Camp is a place where participants will create, learn, and live together while making memories that will last a lifetime. This unique opportunity is exciting, yet challenging. Living together requires a lot of cooperation, sharing, patience, and respect. In addition, we have high expectations and standards of behavior at Pinemere. We do not tolerate abuse or exclusive behaviors of any kind, be it mental, physical, sexual or verbal.

One of our goals at Pinemere is to help individuals learn to be responsible for their own behavior. In most situations, we will solve behavioral problems without having to involve families. This is different if a person exceeds the limits understood by the camp community. We expect:

- **Respect for all living things**, which means that no person will ever hurt another person physically, sexually, or psychologically. We will treat all animals with respect, too.
- **Respect for the environment and facility**, which includes the natural environment in which we live during the summer, activity and program spaces, as well as one's own personal space.
- **Alcohol and drugs may not be possessed or used at camp** and the consequence for possession or use will be dismissal from camp. No camper or teen may possess any smoke-able substance, matches, or lighters.
- **Camp is not a place to experiment sexually.** Any behavior beyond discreet hugging and kissing is not permitted.
- **Weapons of any kind are not permitted.**
- **Campers to adhere to our screen free policy.**
- **Individuals will make choices which are good for themselves and for others, and take responsibility for those choices.**

With these standards and expectations in place, the administration of Pinemere must reserve the right to ask that a person at risk to themselves or the community be removed from camp immediately. We will expend every effort on behalf of the entire camp community to make the camp experience a positive one. We hope to form a partnership with families to deal with concerns in an honest, productive, and effective manner. Please remember that Pinemere is a family, and we respect and value our relationships.

Our Jewish values guide our everyday actions and decisions. At Pinemere, we pledge to care for your children and help guide them on the right path towards positive experiences, building relationships, and making good choices. Together, we can help ensure that your children have a meaningful, fulfilling, and fun summer.

In 2018, we are excited to challenge all members of our community to engage in efforts to achieve the following goals:

1. Enhance the sense of **COMMUNITY** at Pinemere, so that it represents the positive values outlined in our mission.
2. Strengthen the **LEADERSHIP** skills of all members of the camp community, including, campers, teens and staff.
3. Model and reinforce the value of **RESPECT** of each other, of ourselves, and of the camp, itself.
4. Establish camp **RUACH**, or camp spirit, by participating fully and engaging our entire community.

Appendix G – Social Networking & Internet Policy

The internet and social networking websites and apps allow campers to communicate with the public. It has also become a place where "cyber-bullying" can exist--children threatening and intimidating other children. Inappropriate internet behavior is dangerous and directly contradicts camp's moral standards and mission. The guidelines below help assure that all campers, staff, and parents remain safe and secure.

I agree to be respectful of the camp, its program, the campers, and its employees in all communications in my profile, blog, or other internet communications. I will not:

- Use obscenities, profanity, or vulgar language
- Engage in harassment, cyber-bullying, or intimidation
- Post comments that are derogatory with regard to an individual person's race, gender, religion, sexual orientation, or disability
- Engage in sexually explicit, suggestive, humiliating, or demeaning comments

Communication initiated by campers to staff is permissible. Pinemere Camp's policy states that staff must ask families for permission to have camper "friends" and they must be kept on a limited profile setting, thereby blocking campers from staff members' personal content.

We ask that parents discuss the seriousness of inappropriate communications with their children. As an important first step, if a child has the option to make his or her profile private to strangers, that should be done immediately. We also suggest that families monitor campers' cell phones, specifically text messages and other messaging applications.

The Internet is a wonderful tool with thousands of educational, entertaining, and informational websites that can open up a new and exciting world. We encourage this exploration tempered with some reasonable precautions.

Appendix H- Local Sites

Where to stay!

Hotels, Motels, Resorts

Howard Johnson

Bartonsville -5 minutes
570-424-6100

Hampton Inn & Suites

Bartonsville – 5 minutes
570-369-1400

Fairfield Inn & Suites

Bartonsville – 5 minutes
570-421-0100

Holiday Inn Express

Stroudsburg – 10 minutes
570-872-9040

Great Wolf Lodge

Tannersville – 15 minutes
570-688-9899

Stroudsmoor Country Inn

Stroudsburg – 15 Minutes
570-421-6431

Mount Airy Casino & Resort

Mount Pocono -20 minutes
877-682-4791

Skytop Lodge & Resort

Skytop – 30 minutes
800-345-7759

Where to eat!

Quick Bites

Panera Bread

Café'/Bakery
Stroudsburg – 10 minutes
570-476-6740

Five Guys Burgers

Stroudsburg – 10 minutes
570-421-9803

Gable's Ice Cream

Tannersville – 10 Minutes
570-629-0370

Family Restaurants

**Red Robin, Chili's & Longhorn
Steakhouse**

Bartonsville Crossroads Mall
Stroudsburg – 10 minutes

Friendly's

Tannersville – 15 minutes
570-619-8877

Olive Garden

Stroudsburg – 10 minutes
570-476-9324

Johnny Rockets

Tannersville – 15 minutes
570-629-2020

Sarah Street Grill

Good Pub Food
Stroudsburg – 15 minutes
570-424-9120

Ichiban Steak House

Stroudsburg – 10 minutes
579-420-9009

Snydersville Diner

A Pinemere Institution
Snydersville – 15 Minutes
570-992-4003

Fine Dining

Smugglers Cove

Seafood & Steak House
Tannersville – 10 minutes
570-620-2277

Stone Bar Inn

Fine, Casual Dining
Snydersville – 15 minutes
570-922-6634

Tannersville Inn

Legendary Restaurant & Tavern
570-629-3131

Garlic Restaurant & Bar

Steakhouse & Tapas
Stroudsburg – 10 minutes
570-476-6555

Where to go!

Camelback Ski Area

CamelBeach Water Park
Ski Mountain & Water Park
Tannersville – 15 Minutes
570-629-1661

Casino Theater/Ice Cream Parlor

Movies, Mini Golf
Mount Pocono – 20 Minutes
570-839-7831

Crossings Outlet Mall

Shopping Outlets
Tannersville – 10 Minutes
570-629-4650

Stroud Mall

Shopping, Movies, Food Court
Stroudsburg – 15 Minutes

Bushkill Falls

"The Niagara of Pennsylvania"
Route 209, Bushkill
570-588-6682



Appendix I – Pinemere Lingo



After we finished the *Birkat*,
I went out onto the Green,
and then walked to my bunk
on the Line.

The following terms are used at Pinemere – some more than others. If you know what every term means, you’ve obviously been around for a while! Do not expect to remember everything right away – it takes us all a bit of time to pick up the language.

13/14	One of our overnight campsites.
611	The major road located a few miles from camp leading into Stroudsburg, PA.
Aaron	Pinemere’s Assistant Director
ACA	American Camp Association. Pinemere is an accredited camp through this national organization.
Ann	Pinemere’s Business Manager.
Announcements	At the close of each meal, important information will be shared with campers and Staff.
Aqua-Glide	One of our beloved Lake toys.
Area Leader (AL)	The Staff person who supervises each Area and Specialty counselors.
<i>Birkat Hamazon</i>	The prayer recited after meals.
Blueberry Hill	Another one of our overnight campsites.
Board of Directors	As a non-profit organization, Pinemere has a volunteer Board that oversees the camp.
Canteen	The camp store at which which campers can purchase items.
Cheers	After lunch & dinner, each bunk and/or unit shows their pride with camp cheers.
CIT	Counselors-In-Training. These boys and girls are entering 10 th grade.
CIT-TWO	Members of the second year of our three-year Leadership program. These boys and girls are entering 11 th grade and spend 4 weeks of camp in Israel.
CIT Hunt	<i>Not</i> when we try to find the CITs! A special camp event that is organized by the CITs.
Cookout	An outdoor activity where campers and their counselors build a fire and make “mushburgers.”
Cottage	The building in the Line Unit which houses Bunks 1, 2, 3 & 4.
Cubbies	The storage shelves that camp provides in the bunks to hold clothing and other items.
Dell	Where outdoor performances are watched, including our favorite- All Camp Lip-Sync.
Dining Hall	Where the entire camp enjoys Breakfast, Lunch, and Dinner together.
Electives	Specialty hobby periods for campers that are chosen in advance, and held 4-6 days per week.
Field House	Dedicated to Robert H. (Bob) Miner in 2000, this gymnasium is used for athletics and other camp programs.
Flagpole	Where the whole camp gathers to raise the flag before breakfast and lowers the flag before dinner.
Flaps	The heavy canvas covers that are raised and lowered every day over the screens of the bunks and tents.
Frankie and Johnny	You’ll figure this out when you go to our Saturday Folk Sing.
Frapple	The fake apple tree outside of the Dining Hall.
Free Play	The period after dinner where campers can relax or go to open activity areas.
Fun-Yak	Small kayaks that campers can use during activities at the Lake.
Gazebo	A relaxing wooden outdoor seating spot next to mini golf.
Green	The grassy area in the center of camp where campers and staff go to relax and socialize.
<i>Hatikva</i>	Israel’s national anthem, recited at our morning Flag Raising.
<i>Havdallah</i>	The brief service that closes Shabbat, led by the CITs.
Hilltop	The unit for female campers entering 7 th – 9 th grade and their counselors.
HQ2	The small building on the Fields that houses athletic equipment.
Job Wheel	A tool used in each bunk to rotate campers and counselors through cleaning chores in the bunk.
JC	Junior Counselor. These young men and women work as counselors in bunks and are part of the Staff.
JCC/JCCA	Pinemere is an independent camp that is affiliated with the Jewish Community Centers Association of North America (JCCA). While Pinemere is not directly overseen or connected to a JCC locally, we work with a number of JCCs in the region.
<i>Kashrut</i>, Kosher	Jewish dietary practices. Only land animals that chew their cud and have split hooves (sheep, cows; not pigs, camels) are permitted. All of these must be slaughtered in a special way. Further, meat products may not be eaten with any dairy products. Of sea creatures, only those (fish) having fins and scales are permitted. Fowl is considered a meat food and also has to be slaughtered in a special manner.
Lazy Day	A great day of fun for the campers – a long day of work for staff.

Line	The unit for male campers entering 2 nd -6 th grade and their counselors.
Line Site	One of our overnight campsites.
Linz	Pinemere's Assistant Director
Lower Maple Tree	The tree and platform between the Office and Sand Volleyball Court.
Maccabi	"Color War" at Pinemere. Maccabi takes place each session and often involves an elaborate "breakout."
Mazel Tov	Hebrew for "congratulations."
Mitch	Pinemere's Executive Director
Mitchwiches	The most delicious dessert at camp: two homemade cookies with ice cream in the middle!
Motzi	The short prayer said before eating bread, recited before our meals.
Mushburger	A longstanding Pinemere tradition, this is the food made at cookouts and overnights.
My Week	A schedule of the week's activities posted in each bunk.
OD (On Duty)	Multiple counselors from each Unit are assigned as rotating nighttime supervisors of campers.
On Call	A Professional Staff member (director, etc.) is assigned nightly to be available and rotating throughout camp.
Overnight	An activity where campers and their counselors cross the road to one of our overnight sites, make a fire, make their own dinner, sleep out under a shelter, and return to camp after making breakfast.
Paddleboard	One of the toys that campers and staff can use during activities at the Lake.
Pagoda	The small structure at the Flagpole in which people can sit, relax and socialize.
Pinemere Camp	A coed Jewish overnight camp in the Pocono Mountains of Pennsylvania established in 1942.
Pioneers	The 12-day camp experience for first-time campers entering grades 2 nd -6 th .
Polar Bear Club	A secret!
Rest Period	A one-hour session after Lunch when campers relax in their bunks and write letters.
Row	The Unit for female campers entering 2 nd – 6 th grade and their counselors.
Ruach	Hebrew for "spirit." Our JCs lead a <i>Ruach</i> Session during <i>Shabbat</i> Dinner on Friday night.
Shabbat	The Jewish holy day of rest.
Shalom	Hebrew for "hello," "goodbye," and "peace."
Sing	Every Saturday morning, the whole camp gathers on the Green & sings with Pinemere's minstrels.
SPARK	The 3-day camp experience for first-time campers entering grades 1 st -3 rd .
Specialty	An activity area where staff are used to offer qualified instruction and supervision.
Supervisors	Includes Program Area Leaders, Unit Leaders, and other supervisory positions.
Super OD (On Duty)	Camp Supervisors are assigned as rotating nighttime supervisors of all of camp.
Torah	The five books of Moses in the Bible -- Genesis, Exodus, Leviticus, Numbers & Deuteronomy.
Turkey Roast	The oldest girls' & boys' units spend the whole day cooking turkeys at a fire pit in their units.
Unit	A group of bunks, their campers, and staff. Camp has four camper units and one CIT Unit.
Unit Leader (UL)	The Staff person who supervises each camper Unit.
Upper Maple Tree	The tree and platform directly in front of the Cottage.
Village	The Unit for male campers entering 7 th – 9 th grade and their counselors

