



# FAMILY GUIDE 2019

Jccchicago

campchi

# WELCOME TO AN IMPORTANT PARTNERSHIP!

Camp Chi Families,

Welcome and congratulations on choosing JCC Camp Chi as your camper's summer home. We know there are many choices for summer camp, and we are thrilled you have chosen to be part of the Camp Chi family. For almost a century, Camp Chi has been a leader and innovator in the camping industry. Known around the country and world for being one of the premiere Jewish summer camps, Chi has been recognized by many organizations including Make It Better (voted Best Of 2014-2018), Foundation for Jewish Camp, She Knows (Top 20 Summer Camps), NorthShore Choice (2017 Award Winner), and JCC Association of North America.

When you entrust your camper to our care, we want you to think of us as your partner in your camper's well-being. As partners, we promise to keep your camper safe and healthy, while providing a community of friends where they can become more independent and grow as individuals. The better prepared we are before camp, the better we can help your camper be successful once they are here. Once you share information with us, our promise is to share it only with the people who will have direct contact with your camper. This may be our medical staff, social workers or your child's village leader and counselors. In return, we will do our best to keep you updated and informed on the daily happenings and your camper's progress at camp. The partnership continues through the summer and throughout your camper's years at Camp Chi.

This family guide was designed to jump-start the partnership, providing answers to many common questions, and helping families understand the systems and procedures of Camp Chi that will be helpful before, during, and even after camp. We hope to make this summer an amazing experience your camper will remember for the rest of their lives. If you have further questions, or if there is any way we can be of assistance, contact our offices anytime.

**Camp Chi Staff**  
847-763-3551  
info@campchi.com

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# CAMP CHI BASICS

## AMERICAN CAMP ASSOCIATION (ACA) ACCREDITATION

As an ACA accredited camp, we guarantee a well-trained staff, with a background check run on every person, appropriate camper to staff ratios, camp activities that assist with the development of our campers, facilities that are clean and maintained, and a safe environment for all of the campers and staff. To be and remain accredited, there is a long list of standards Camp Chi must meet each year.

## CAMP CHI VISION

Camp Chi will build a strong, inclusive, tradition-rich camp community that teaches life lessons and celebrates individual growth. Through deep connections to nature, Shabbat and Israel, Camp Chi lights a flame within each individual - igniting and strengthening friendships, lifetime connections to Camp Chi, and Jewish life.

## CAMP CHI MISSION

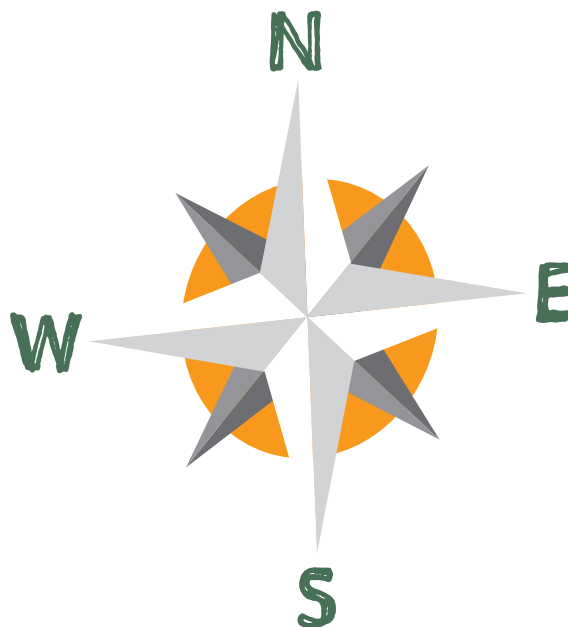
Camp Chi inspires and educates generations of campers through exceptional transformative Jewish communal and recreational experiences.

## WHERE IS CHI?

Camp Chi is nestled on 600 acres in Lake Delton, Wisconsin, about 3 hours from Chicago — just outside the Wisconsin Dells. Our location allows us to optimize the beauty of the nature around us, while also enjoying the amenities a town like the Dells has, including waterparks, Walmart, and medical facilities all just minutes away.

## 2019 SESSION DATES, GRADES & FEES

PROGRAM	GRADE	DATES	FEE
<b>Four-Week Sessions</b>			
Session 1A	4th-5th	6/16-7/12	\$4,840
Session 1A	6th-10th	6/16-7/12	\$5,150
Session 2	4th-5th	7/14-8/9	\$4,840
Session 2	6th-10th	7/14-8/9	\$5,150
<b>Three-Week Sessions</b>			
Session 1B	4th-5th	6/16-7/5	\$3,620
Session 1B	6th-10th	6/16-7/5	\$3,840
<b>Eight-Week Sessions</b>			
Full Summer	4th-10th	6/16-8/9	\$7,525
Session 1B + PNW	9th-10th	6/16-8/9	\$7,990
SIT	11th	6/16-8/9	\$6,110
<b>Teen Travel</b>			
PNW	9th-10th	7/7-8/9	\$6,470
<b>Shorter Sessions</b>			
Take Two	4th-10th	6/16-6/30	\$2,390
Mini Session 1	3rd-7th	6/28-7/12	\$2,390
Mini Session 2	3rd-7th	7/14-7/28	\$2,390
Try Chi	2nd-6th	8/11-8/14	\$349
Try Chi Sports	2nd-6th	8/11-8/14	\$349
Try Chi Performing Arts	2nd-6th	8/11-8/14	\$349



# CAMP CHI BASICS (CONT'D)

## VILLAGES & CABINS

Camp Chi is divided into age groups called villages and is made up of boys and girls cabins. Cabins are often where campers find new friends and form special relationships that can only come from living together. It's also where campers learn the give and take of sharing, compromise and making decisions as a group.

We like to say that your camper's cabin is their immediate family and the village is extended family. Every cabin is made up of about 10-12 campers and two counselors, who help the campers find social connections, navigate group dynamics and gain interpersonal skills.

GRADE (in Fall)	VILLAGE NAME
4th & 5th Grade 6th Grade 7th Grade 8th Grade 9th & 10th Grade 11th Grade	<b>3- 4- &amp; 8-Week Sessions:</b> Shoreshim Tsofim Chalutzim Habonim Noar Staff In Training (SIT)
9th & 10th Grade	<b>Teen Travel:</b> Pacific Northwest Adventure (PNW)
3rd Grade 4th & 5th Grade 6th & 7th Grade	<b>Mini Sessions:</b> Garinim Yeladim Kadima
2nd-6th Grade	<b>Try Chi:</b> Try Chi, Try Chi Sports & Try Chi Performing Arts

## CAMP CHI WEBSITE

This guide is designed to jump-start your camp journey. It will answer many questions, but definitely not all of them. Please visit our website at [www.campchi.com](http://www.campchi.com) which has even more information.

## CAMPINTOUCH

Every Camp Chi family has a CampInTouch account. This secure account is where you register for camp, make payments and view payment history, complete camper forms, view photos over the summer, send your camper emails, and much more. **Make sure you save the web address as this will become your go-to link for getting your camper signed up and ready for camp, and communicating with them while they are at camp:** <https://chi.campintouch.com/v2/login.aspx>





# COMMUNICATION

Open and clear two-way communication is necessary to ensure our partnership is successful.

## HOW TO CONTACT US

At any time, you are able to call the Camp Chi office at 847-763-3551 and speak to a staff member. During the summer, the office is staffed from 8am-9pm. If you cannot reach someone and it is an emergency, or if it is after hours, you can dial 6 from the main menu, which will page the emergency line.

Your camper's village leader will be your main contact over the summer. The village leaders are in the field, working directly with the counselors and campers, and can give you the most accurate information about your camper. Often when you call, you will be transferred to their voice mail. Village leaders return calls as soon as possible, often within 12 hours, between the hours of 8am-9pm, unless the call is urgent. Please be patient as they spend most of their time out in camp, not in the office, and have to get to the office to check their voice mail.

Before camp, you will also be given an email address for your village leader. You can email them anytime and they will get back to you either by phone or email, as quickly as possible, again within 12 hours. You can also always email us at [info@campchi.com](mailto:info@campchi.com)

Our full-time staff supervise the village leaders and are always happy to discuss your camper with you and your camper's village leader(s).

## HOW TO CONTACT YOUR CAMPER

There are three great ways to stay in touch with your camper while they are at Camp Chi!

### Email

Through your CampInTouch account, you can email your camper. After logging in, click on the email link, the system will take you to a page to email your camper(s). Standard emails without add-ons (e.g. Stationary, Smart Words & Sudoku) are free. Add-ons require "campstamps," which can be purchased by clicking on the "buy more" link at the top of the page. These purchases are through CampInTouch not Camp Chi. Please limit your emails to one per day. Emails are printed in black-and-white every morning and delivered to your camper(s) at lunchtime.

### Snail Mail

Campers love getting regular mail — it is exciting and different from the everyday emails. You can send mail to the following address:

Camper Name  
Camper Village\* and Gender  
PO Box 104  
Lake Delton, WI 53940

*\*Unsure of what village your camper is in? Refer to the grade/village chart on page 3.*



### Packages

Camp Chi's package policy is meant to balance the needs and wishes of parents, campers and camp staff with safety and feasibility of distribution. We allow families to send care packages by following these very specific guidelines.

- Campers may receive envelopes not larger than 12" x 15" and 1" thick
- We will not accept any boxes or envelopes larger than 12" x 15" x 1"
- Food cannot be sent to campers. Any food items sent will be confiscated and donated to a local charity.
- Additional packages can be purchased from the Camp Chi Canteen or one of our approved vendors (see section below for approved vendors).

*Please share this information with grandparents, aunts, uncles, siblings, friends and anyone else who may want to send a package to your camper. Any unapproved packages will be returned to sender at the cost of the sender.*

We will allow packages from one of our three approved vendors:

1. **Camp Chi Canteen:** <http://gear.campchi.com> or 847.763.3677
2. **Sealed with a Kiss:** [www.eswak.com](http://www.eswak.com) or 800.888.7925
3. **Camp Pacs:** [www.camppacs.com](http://www.camppacs.com) or 800.248.2267

We want to help parents in any way we can. If there is something that your camper needs at camp (i.e. replacement eye glasses, books for school), please contact one of the full-time staff or your camper's village leader before sending it. We can give you instructions for making sure that limited necessity items can be delivered to your camper. Please keep in mind that campers can purchase many necessity and toiletry items at the Chi Canteen.

# COMMUNICATION (CONT'D)

## Phone Calls

Parents are not permitted to call campers unless it is the camper's birthday, or the call has been approved by the Camp Directors. Parental phone calls often interfere with camper adjustment, increase the likelihood of homesickness and disrupt scheduled activities.

## HOW WE COMMUNICATE WITH YOU

### Emails

Camp Chi and JCC Chicago utilize email as one of our basic means of communication. Throughout the summer and during the year as well, we send many emails from JCC Camp Chi (info@campchi.com). Please be sure to add this name and email to your address book, safe list, etc. and check your spam/junk/clutter folder often.

It is important that you do not "opt out" of receiving JCC Chicago or Camp Chi emails. Opting out of these emails will prevent you from receiving important information regarding Camp Chi programs, updates and news.

During the summer, your camper's village leader will have an email address and may reach out to you via email. Again, please check your spam/junk/clutter folder often, as sometimes our message ends up there.

If you are not certain that we have a correct email address for your family, please call our office at 847.763.3551.

### Phone Calls

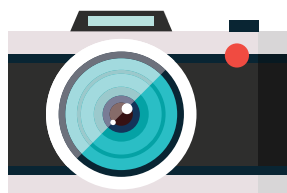
Camp Chi staff will contact parents for a plethora of reasons. Over the summer you may hear from the office staff, health center, canteen, your camper's village leaders, or one of the full-time staff. Contrary to what many families believe, getting a phone call from camp is not necessarily a bad thing. We often call just to give an update on how your camper is adjusting or to celebrate your camper's achievement and make you aware.

Our goal is to contact the family of every first-time camper to provide an update on their adjustment to camp within the first week of camp. We will also contact you to discuss certain situations, extreme cases of homesickness, unusual or concerning behavior.

For instances when you will hear from the Health Center, refer to page 10.

### Photos

Photos will be added to CampInTouch by village each day, except for Shabbat.



Camp Chi employs a photography team each summer. Each member of the communication team will be responsible for taking photos for 2 villages. In assigning these responsibilities we hope to allow the team to get to know the campers in the village and learn what that particular village's culture is so that we can convey it to you through photos.

We will do our best to make sure every cabin has a group photo on most days and guarantee that a group photo of the whole cabin is taken at least every three days. In addition to these, we will continue to capture the moments that make camp special and share them in the village albums. Please note that due to the diverse and complicated nature of the PNW and SIT programs, their photos may or may not meet the same guidelines, but we promise to post pictures of them for you to see.

Any special events or programs in camp (i.e. 4th of July, Camp Play, etc.) will have their own albums posted on CampInTouch the day after the event or program and will be titled as such.

Please keep the following notes in mind about our photo procedures:

- Our photos are intended to provide you with a glimpse of what is happening at camp and not a photo gallery of one camper's experiences. Each photo is a snapshot of a moment of the day.
- We ask campers not to use hand signs and will have them put their hands down before taking the photo.
- We never force a camper to be in a photo if he or she doesn't want to pose. We understand that some campers (and staff) just don't like being in pictures.
- We will always put more attention into making sure that we have the best care, activities, supervision and fun that we can provide over making sure that we are capturing the perfect photo.
- **The CampInTouch system will be updated daily at the earliest 11am and 2pm at the latest.** Please note that we upload a lot of photos and camp does not have the best internet connection, so it may take a while for the photos to upload.

### Newsletters & CampInTouch Updates

Over the Summer, CampInTouch is your main location to see and hear what is happening at camp. Each day, except for Shabbat, we will post an update on the **previous day** and share the weather forecast and menu for that day.

Twice a week, Village Newsletters are posted as well, which will help chronicle the happenings in your camper's village.

# CAMPER FORMS

Your camper's success is our highest priority. That is why we ask you to fill out a variety of forms. We ask you to fill out all the forms honestly and thoroughly. The more details you provide, the better prepared we are to help your camper have a safe, happy and memorable time at camp. The information provided on the camper forms are what we use to make cabin assignments and provide specific training to the cabin staff.

Over the years, we have received questions from parents/guardians who are concerned about the types of personal information we request on our forms. Some parents/guardians are reluctant to share certain information with us because of a concern about confidentiality or stigmatizing their camper. As camp can be a "fresh start," some parents/guardians worry that by disclosing personal information, it may create bias against their camper. In some cases, parents/guardians have told us their camper has sworn them to secrecy because they are too embarrassed and don't want anyone to know about things like bedwetting, a tic disorder, ADD/ADHD, or an IEP they are on at school. We understand and respect those concerns, but emphatically believe that it is better to share the concern with us than to keep it a secret.

Remember, we are a care-providing partner and your camper's well-being and success is our top priority. We can keep our end of the partnership only if we have the information to prepare our medical staff and counselors to ensure your camper is well cared for and free to have the best summer. Once you share information with us, our promise is to share it only with the people who will have direct contact with your camper. This may be our medical staff, social workers or your child's village leader and counselors.

We believe that working together is the best chance we have of helping your camper have a safe, happy and successful time at camp. Please call us to discuss anything in greater detail or if you would feel more comfortable talking to us rather than putting it down on paper.

**Forms are due by April 1.** Forms can be found in your CampInTouch account, under "Forms and Documents." If you registered for camp after April 1, please submit all forms within 10 days of registering.

## ALL ABOUT MY CHILD

This is the most important form to help our counselors be prepared to ensure your camper has a successful summer. With information about your camper's interests, social dynamics, and more, it is imperative that you fill this form out honestly and thoroughly. Again, the more information you can provide, the better prepared we can be.

## FRIENDSHIP REQUESTS

Camp provides a wonderful opportunity to meet new friends, however, if your camper is coming to camp with a friend, you may both request to be placed in the same cabin. Because we know how important cabin groupings are to the camp experience, Camp Chi takes the group placement process seriously and it is one of our biggest priorities. The process of making cabin groups is very complex and difficult. We try our best to make sure that everyone will be happy. Please help us consider all campers' feelings when making requests and understand that friendship requests are not guaranteed. We strongly discourage friendship chains (linking multiple friends), as they will be broken during the grouping process.

Camp Chi has put into place the following policies to help ensure the formation of cohesive cabin groups:

- All requests must be in writing through the form in your CampInTouch account.
- Friendship request form is to be submitted no later than April 1st.
- Changes or additional friendship requests will not be considered after May 1st.
- Negative friendship requests are strongly discouraged. If there is a significant situation that we should be aware of, please contact our office to discuss it further.
- Friendship requests of any nature cannot be kept confidential by camp staff.
- We will recognize only 2 friendship requests per session.
- While no requests are guaranteed, we do our best to honor all mutual requests. Camp Chi will contact the families involved in the event a mutual request cannot be accommodated.

Due to the complexities of forming the cabin groupings, cabin placements will not be released prior to the beginning of the camper's session. Please do not call our office requesting this information.

# CAMPER FORMS (CONT'D)

## PHYSICIAN EXAMS & IMMUNIZATIONS

No camper will be allowed at camp or allowed to board the bus for camp unless the office has received a signed and completed medical and immunization record.

All campers must have had a physical after September 2018 signed by the camper's physician or health department representative prior to the first day of the program. If the physical condition of the child is such that any one or more of the immunizing agents should not be administered, the examining physician, advanced practice nurse, or physician assistant responsible for the performance of the health examination shall endorse that fact upon the health examination form. No other exceptions to scheduled immunizations are permitted. It is the responsibility of the parent (or legal guardian) to update their file when the health records change.

Camp Chi meets the health and safety standards of the State of Wisconsin and the American Camp Association. Camp programs, including Camp Chi, are required to maintain participant medical information and treatment authorization forms on file. We respect the privacy of our participants and maintain confidentiality.

## MEDICAL INSURANCE AND PARENT AUTHORIZATION FORM

Camp Chi does not provide medical insurance coverage for accidents or injuries that occur while attending or participating in any activity at, or sponsored by, Camp Chi.

Campers **MUST** have a photocopy of the family's medical insurance card (front and back) on file at camp. This card provides camp medical staff with vital information needed in an emergency or for off-campus treatment. Campers without proof of medical insurance prior to camp will not be permitted to attend.

No camper will be allowed at camp or allowed to board the bus for camp unless the office has received a signed and completed proof of medical insurance on the Parent Authorization form.





# HEALTH CENTER & MEDICATION

Our goal is to keep all campers and staff healthy and safe at all times - a key component of that being our Health Center. The Health Center is centrally located, air-conditioned and well-equipped to meet most health needs, while being staffed by 7 nurses, 3 health center interns, who are usually nursing students, and a physician. We have two nebulizers at camp so campers needing nebulizer treatments do not need to bring their own to camp.

Emergency medical treatment is available at a nearby hospital. Dental treatment and eye glass repair are available in the Dells area at parents' expense.

Campers receive excellent medical attention should they require treatment, take daily medications or are admitted for an overnight stay. Your camper is our first priority. Be confident that our professional medical staff is committed to ensuring the health and safety of your camper. This means that they will care for and treat your camper first and then make every effort to call you.

## MEDICATIONS

Our camp nurses will keep and administer all medications. Wisconsin state law allows nurses to administer only in accordance with the prescribing information. For the safety of all campers, no medications or vitamins are allowed to be kept in the camper cabins or in camper's possession with the exception of inhalers and certain EpiPens. Sharing prescription drugs with others will result in expulsion from camp. It is imperative that we know every medication, including over-the-counter medications that your camper is taking while at camp.

We partner with LTC Scripts to fill and package all prescriptions, supplements, vitamins and/or over-the-counter medications. All campers are required to enroll in LTC Scripts for their medications to be distributed at camp.

Campers using rescue inhalers, EpiPens and injectable medication (i.e. growth hormones) do not need to use LTC Scripts for these items. The only other exception is if the pharmacy notifies us that they are unable to accept your insurance or fill a particular medication.

LTC Scripts will manage every step of the process, including insurance payments, dispensing and delivery.

To comply, we ask all families of campers who will take medication at camp to create an account for your child at **campscripts.com**; (you will need to create a new account each summer).

- Use Camp Chi's ID # CHI when creating your account.
- Once you create your LTC Scripts account, please complete your camper's medication profile and select the session s/he is attending. This is in addition to the health history and medication policy form you will provide Camp Chi through CampInTouch.
- Upload copies of your health insurance documents and provide a credit card for payment of any fees
- Clear instructions for obtaining prescriptions from your doctor are included on the LTC Scripts registration page
- Once you have created a profile for your camper and uploaded the necessary paperwork, LTC Scripts will facilitate insurance payments, dispensing and delivery.
- Your camper's medicine will be packaged in dose packs, clearly labeled with your camper's name and delivered directly to camp prior to your camper's arrival.
- Families who disregard the LTC Scripts process and send medication with their camper will be assessed a \$100 service fee per camper to account for the additional work on our medical staff.

**Please Note:** Campers must also register with Walgreens Pharmacy in addition to registering with LTC Scripts in the event your camper requires prescribed medicine at camp.

## Fees for LTC Scripts

Camp Chi will cover the initial registration fees. Registration fees do not include medications, copays or other deductibles.

Any camper who does not comply with our prescription process and brings medication to camp on their own will be charged \$100.

All prescription orders must be received 30 days prior to start of the session. All orders after that will incur an additional \$30 charge plus any expedited shipping charges.

## WALGREENS

In the spring, you will receive more information from us regarding our affiliation with Walgreens Pharmacy. If our camp physician prescribes medication for your camper while at camp, we will use Walgreens Pharmacy to fill the prescription. Please register your camper and your insurance information either online or at your local Walgreens according to the instructions in the letter. Registering with Walgreens is in addition to submitting prescriptions to LTC Scripts. We have a very limited supply of prescription medications in the Health Center. If any of these are administered to your camper, a nominal fee will be charged.

# HEALTH CENTER & MEDICATION (CONT'D)

## OVER-THE-COUNTER MEDICATIONS

Any medication your camper takes regularly should go through LTC Scripts. For occasional use, the Health Center does have over-the-counter pain medication, cough syrup, etc., on hand.

## LICE

Head lice are a growing problem in schools and other programs, such as camps, where people are in close contact to one another. The nature of the lice life cycle can make it very difficult to identify cases of lice, particularly in the early stages. With this in mind, we implement the following policies and procedures to reduce the likelihood of a lice outbreak at camp as well as being sensitive to the workload of our Health Center staff.

1. Prior to camp, we strongly recommend having your camper checked for lice by your pediatrician or a certified lice specialist. This is especially important if your child has had lice or been exposed to lice in the months leading up to camp.
2. Within the first 24 hours of camp, we employ a professional lice and nit removal and treatment service to do an initial screening of every camper and staff member.
3. If your camper is identified as having lice or nits, either the professional lice specialist or Chi Health Center staff will contact you. As the parent, you then have two choices:
  - **Option 1:** The professional lice company will provide treatment for your camper at your expense. Regardless of severity, they charge \$250 for treatment. The treatment includes using the Shepherd Method of Strand by Strand Lice and Nit Removal, treatment with non-toxic products, and a recheck. Treatment may take multiple days. Camp Chi will not incur the cost of treatment nor provide a refund of tuition or fees for any camp activities missed.
  - **Option 2:** Parents can pick up their child within 6 hours of the phone call informing them of the lice and/or nits. Campers may only return to camp once they have been identified as free from lice and nits by a professional lice company. Proof of treatment must be presented upon returning to camp. Camp Chi will not incur the cost of treatment nor provide a refund of tuition or fees for any camp activities missed.

We have created this policy in consultation with medical professionals, lice specialists and other overnight camps, which all recognize the challenges in identifying and removing lice from camp communities. Our hope is that detecting any suspected lice or nits upon arrival at camp will reduce or eliminate this issue from camp. With the work and effort we employ at the start of a session, we will not screen campers before they return home.

## COMMUNICATION WITH THE HEALTH CENTER

**Parents/Guardians WILL be contacted by Health Center staff if:**

- Your camper has been admitted to and stays overnight in the Health Center.
- Your camper is placed on prescription medication.
- Your camper medication dosage needs to be changed by our doctor.
- Your camper has a fever of 100°F or higher.
- Your camper has been taken to an off-site physician or emergency room.
- We have questions regarding your camper's health or changes to your camper's health.

**Parents/Guardians WILL NOT be contacted by Health Center staff if:**

- Your camper receives a small cut or scrape.
- Your camper receives over-the-counter medications, such as Tylenol, Tums, cough drops, etc.
- Your camper rests in the Health Center for a short period of time.



# PACKING

All items should be packed in no more than 2 duffel bags (without wheels) and 1 carry-on bag/backpack. We put together packing lists to be a guide for families, but you should adjust items based on the needs of your camper. The Chi packing list is designed for 10 days of camp, which makes it useful for all of our sessions. Packing lists and packing tips can be found online at: <https://campchi.jccchicago.org/preparing-for-camp/packing/>

## LABELING

The easiest way for our campers to keep all their belongings is to label all of their belongings – every single item – with their FIRST AND LAST NAME. This includes clothes (even socks, underwear and shoes,) towels, cameras, books, and any other possessions you sent to camp. Labeling can be as simple as writing your camper's name (or first initial and last name) on tags of clothing or you can purchase labels with your camper's name on them.

We have two preferred vendors that you can purchase labels through: Mabel's Labels ([www.camps.mabelslabels.com](http://www.camps.mabelslabels.com)) or Label Daddy ([www.labeldaddy.com](http://www.labeldaddy.com)), both of whom carry a wide variety of sewn, iron-on and sticky labels, and donate a portion of all proceeds back to Camp Chi. Labeling your campers' belongings helps us return misplaced items.

## ITEMS NOT ALLOWED AT CAMP

We see camp as a healthy escape from the instant communication and technology overload that bombards our campers on a daily basis. For many campers (and their parents,) separating from cell phones and the internet is challenging. However, we expect parents to fully support our mission to keep these things out of camp and to ensure that Chi remains a wholesome, outdoorsy and safe place for all kids.

Items on this list will be confiscated and may be returned at the end of camp:

- Alcohol, tobacco, controlled substances, vaping devices, etc.\*
- Cell phones
- Any electronic devices that can connect to the Internet, including computers, iPod Touch, iPads and other tablets, eReaders, portable game systems or other similar equipment
- Other electronics, including DVD players, televisions, video cameras, walkie-talkies, etc.

- Flammable materials (cigarettes, matches, fireworks, lighters, butane, incense, candles, etc.) and hot pots
- Food items, including bottled water and other beverages
- Knives or weapons of any kind\*
- Money

*\*Bringing any of these items will result in immediate expulsion from camp with no refund of tuition or fees.*

## ITEMS NOT RECOMMENDED FOR CAMP

Camp Chi does not assume responsibility for any lost, broken or stolen items, including these which we discourage bringing:

- Handheld electronic games
- iPods (music only) or MP3 players
- Digital or expensive cameras
- Musical instruments (except for guitars)
- Designer clothing

As a general rule, anything valuable that a camper would be upset if lost, broken, ruined or stolen should not be brought to camp.

## SPENDING MONEY/TRIP ACCOUNT

Please do not send your camper to camp with money. In the past, we have seen many campers lose or misplace money in their cabins. Camp Chi does not assume any financial responsibility for money brought to camp, instead, we have created systems by which campers will not need cash while at camp. Campers wanting to purchase a snack or Chi gear can do so through their canteen account established upon registration for this summer.

When campers in Chalutzim, Habonim, Noar, or SIT villages go on field trips, we provide them with spending money from their special Trip Account, which is prepaid in the camp fees.



# TRANSPORTATION & LUGGAGE

Camp Chi is located about 3 hours from Chicago, 3 ½ hours from Minnesota and 6 hours from Indianapolis. We offer a variety of ways to help get your camper to camp.

## BUSING

Optional bus transportation is available from the Chicago, Minnesota and Indianapolis areas. Campers travel via comfortable, air-conditioned, washroom-equipped coach buses leaving from and returning to a central location near your home. We also occasionally use smaller buses or vans for transportation. You can find details about dates and times of departure and arrival on your Travel Information form. Spaces are limited on the bus. If your camper is not currently registered for the bus and you would like to reserve a space, please fill out the CampInTouch Travel Information form ASAP. We will make every effort to accommodate your needs but will not be able to make any changes after June 1.

Busing costs \$100 each way, and the fees are not added to your account until after you submit your Travel Information Form.

### Bus Times (To Camp)

**Chicago** - For our 2, 3, 4, and 8-weeks sessions, the check-in time for all of Chicago sites is 10:00am and the buses will leave promptly at 10:30am. On the return trip from camp, campers are expected to arrive at return bus sites around 1:30pm.

**Indianapolis** - The check-in time for our Indianapolis site is 8:30am and the bus will leave promptly at 9:00am. They will arrive to camp by 3:00pm and back home after camp by 4:00pm. Busing to/from Indianapolis is dependent on numbers.

**Minneapolis/St. Paul** - The check-in time for our Twin Cities site is 9:30am and the bus will leave promptly at 10:00am. On the return trip from camp, campers are expected to arrive at return bus sites around 1:30pm. Busing to/from Minneapolis/St. Paul is dependent on numbers.

### Food for the Bus

On the way to camp, please send a lunch without peanut butter or nut products and beverage with your camper to be eaten during the trip to camp. Additional snacks will be available when your child arrives at camp, but the first meal that we serve on arrival day is dinner. Camp Chi will provide snacks for campers for the bus rides at the end of the session.

## AIR TRAVEL

Camp Chi campers come from all over the United States and world and we recognize that for some campers, traveling by airplane is easier than getting to one of the bus sites. We provide transportation from Chicago O'Hare International Airport and Madison's Dane County Regional Airport. For Chicago O'Hare, we ask that all campers arrive by 12:00pm, so they get to camp in time to get settled in their cabin and join the rest of the group. For departure, we ask that all campers flights from O'Hare are scheduled between 3pm-6pm, so they can leave with the rest of camp and have plenty of time at the airport. If you are booking a flight to/from Madison's Dane County Regional Airport, please contact the Camp Chi office for travel details.

How everything works at the airport depends on what you choose to do. If you choose to have your camper fly as an unaccompanied minor, you must pay a fee EACH WAY to the airline when you purchase the ticket. This fee allows a Camp Chi representative to meet them at the gate upon arrival, and escort your camper to the gate on their departure. Our staff will stay with any campers flying as unaccompanied minors until the flight is boarded and the gate door is closed.

If your camper is not flying as an unaccompanied minor, we will greet them as soon as they are out of the secure area of the airport (near baggage claim), and will escort them to security on their return trip.

If you have more questions or want to discuss air travel further, please contact our office.

## DRIVING TO/FROM CAMP

Families have the option to drive their camper to camp and/or pick them up from camp.

- Drop off on arrival day will take place at our front office between 1:00-1:30pm. One of our staff will meet you and your camper to unload your luggage and take your camper into camp to meet their counselor. Please be prepared to say your goodbyes at the office as families are not allowed into camp at this time.
- Picking up your camper at the end of camp takes place at our front office between 9:00-9:30am. Campers and their luggage will be brought up to the office to meet you at this time.



# TRANSPORTATION & LUGGAGE (CONT'D)

## LUGGAGE

All items should be packed in no more than 2 duffel bags (without wheels) and 1 carry-on bag/backpack.

### Luggage Tags

We will mail you a bus packet 3-4 weeks prior to the start of camp. This packet will include colored luggage tags to use to label your camper's bags. We use these tags to sort luggage at camp. All luggage will be delivered to your camper's village by our staff.

### Getting Bags to Camp

For our Chicagoland families, we partner with Camp Laundry & Baggage to provide luggage services at the start of Session 1 and 2. As camp gets closer, we will distribute the list of baggage drop sites, as well as drop off days and times. Families will need to drop off the duffels at the most convenient site during the appropriate hours. Staff from Camp Laundry & Baggage will be on site to help you with the bags. The bags will then be transported to camp, where our staff will deliver them to your camper's village.

*Please note that Mini Session 1, PNW, and Try Chi campers bring their bags to the bus with them.*

### Coming from Outside Chicago?

Campers from communities outside the Chicago area who are taking the Chicago buses should bring their luggage to their bus site on the date of their departure. Campers from the Twin Cities and Indianapolis should also bring their luggage to the bus site on the date of their departure.

### Driving or flying?

Campers driving to camp will be greeted by camp staff who will take their luggage directly to their cabins for them.

Campers traveling by plane to camp can either ship their luggage to camp or check it through at the airport. Please contact our office to discuss the options.

## TRAVEL INFORMATION FORM

The "Travel Information" form in CampInTouch should be filled out with your camper's travel plans for camp, whether they are taking a bus, flight or driving to and/or from camp. If you are taking a bus to camp, this form gives you the opportunity to pick the bus site you prefer.

Busing costs \$100 each way, and the fees are not added to your account until after you submit your Travel Information Form.

## PACIFIC NORTHWEST TRIP & TRY CHI TRANSPORTATION

Bus travel works slightly different for the Pacific Northwest Trip & Try Chi, although driving and air travel policies remain the same.

### Pacific Northwest Trip

PNW campers will receive specific travel instruction prior to the trip and should bring all their bags to the bus on the morning of departure. PNW buses will depart from Bernard Weinger JCC in Northbrook. Check-in time for PNW campers is 9:30am, and the buses will depart at 10:00am. PNW Campers return home at the end of Session 2, with the rest of camp.

### Try Chi

Busing is included in the cost of Try Chi. Try Chi campers should bring all bags with them to the buses on the morning of departure. There are two bus sites for Try Chi: Skokie and Northbrook. Try Chi campers should arrive at 8:30am on the morning of departure, as the buses leave promptly at 9:00am. At the end of Try Chi, buses usually return between 3:30-4pm.



# LIVING IN A COMMUNITY

Part of coming to camp is living in a community. Unlike at home, campers will be sharing a room with 10+ people and we recognize this may be a new experience for some of our campers. Part of living in the Camp Chi community is living the Chi core values of *kavod* (respect), *chesed* (kindness) and *kehillah* (community,) and following the rules we have laid out for everyone in our community. Much like our staff sign their contracts and agree to the Camp Chi Code of Honor, each camper is expected to (with a parent) review and sign the Camper Contract and Community Agreement On Bullying located in your Camp-InTouch account. These rules and policies help establish a community culture at camp where everyone is aware of the guidelines and provide for a safe and fun camping experience. We take these rules very seriously at camp, and expect you and your camper's support of them as well.

## CAMPER CONTRACT

JCC Camp Chi's goals for campers include developing strong group identity, respecting one another, challenging one another on different levels, and allowing for a fun, recreational and rewarding camp experience. Camper safety and wellbeing is our primary concern. We want each camper to have an exciting, fun-filled summer that is in the spirit of cooperation, respect (*kavod*), kindness (*chesed*), respect for the environment (*shomrei adamah*) and community (*kehillah*).

To ensure that every member of the JCC Camp Chi community has a positive experience, consistent with the JCC Camp Chi goals stated above, all JCC Camp Chi campers must abide by the following standards of behavior.

1. Campers will treat other campers and staff with respect. Bullying, teasing and excluding others from the group will not be tolerated.
2. Every camper has the right to feel safe at all times. Hitting or the use of physical force is not allowed. Similarly, inappropriate language, including swearing or cursing, does not have a place in the camp community. In addition, inappropriate, romantic relations, behaviors or physical contact between people will not be tolerated.
3. Campers are part of a larger community. All campers will abide by all camp rules for participation and will not vandalize, graffiti, damage or destroy camp property. All costs to repair any damage, including graffiti, will be incurred by the camper's family.
4. Campers will observe the nightly curfew as set by staff. Therefore, leaving your cabin after curfew is not acceptable.
5. When participating on out-of-camp trips, campers are expected to represent themselves and JCC Camp Chi in a positive way. Campers are not allowed off campgrounds at any time unless as part of an organized trip with authorized staff members.
6. Campers will respect each other's privacy by not stealing or borrowing others' belongings without permission. Also, campers are not allowed in the living quarters and the area surrounding the living quarters of the opposite gender.
7. Gambling is not allowed at any time.
8. JCC Camp Chi maintains a safe, healthy, outdoor experience for all campers. To further this objective, certain items are not allowed in camp:
  - Alcohol, tobacco, vaping devices and products, controlled substances, etc.
  - Cell phones
  - Any electronic device that can connect to the Internet, including computers, iPod Touch, iPads and other tablets, eReaders, portable game systems or other similar equipment
  - Other electronics, including DVD players, televisions, video cameras, walkie-talkies, etc.
  - Flammable materials (cigarettes, matches, fireworks, lighters, butane, incense, candles, etc.) and hot pots.

*JCC Camp Chi reserves the right to confiscate items listed above and search a camper's possessions if we have reason to suspect that the camper has any of these items or other substances contrary to this policy.*

Violations of the above behavior standards will result in disciplinary action, which may include parent notification, fees to repair damaged property, loss of privileges and/or expulsion from camp. If a camper is sent home for violation of these standards, no refund of tuition will be made.

# LIVING IN A COMMUNITY (CONT'D)

## COMMUNITY AGREEMENT ON BULLYING

We, the campers and staff at Camp Chi, agree to create a caring and safe community (*kehillah*) where all campers and staff demonstrate *kavod* (respect) and *chesed* (kindness).

We believe that everybody should enjoy Camp Chi equally, and feel safe, secure and accepted regardless of color, race, gender, popularity, athletic ability, religion, intelligence, physical appearance, nationality, or any other group to which someone might belong.

We agree to do everything we can to prevent bullying at Camp Chi. Bullying is aggressive behavior that involves a power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying is harmful to individuals and the community.

Bullying includes actions such as attacking someone physically or verbally, making threats, spreading rumors, taking someone's property, publicly embarrassing someone, teasing, name calling, and excluding someone from a group.

We, the campers and staff at Camp Chi, agree to:

1. Treat others with respect and kindness while valuing individual differences and appreciating what makes each of us unique.
2. Create a caring environment where everyone feels safe and included.
3. Respect others personal space and desire for privacy, including when they are sleeping, changing clothes and taking showers.
4. Refuse to participate, or be a bystander, in any form of bullying.
5. Support others who have been, or are subjected to, bullying.
6. Talk to counselors, village leaders or other staff members about concerns and issues regarding bullying.
7. As campers, we agree to tell a counselor, village leader or other staff member if we see someone being bullied.
8. As staff, we agree to investigate and confront bullying behavior every time we become aware of it. We will make an effort to be visible and alert in places and during times where bullying is more likely to occur. We will do our best to ensure an atmosphere where campers feel safe reporting incidents of bullying and confident they will be dealt with and not ignored.
9. Every person acknowledges that whether they are being a bully or see someone being bullied, if they don't report or stop the bullying, they are participating in bullying.



# CAMPER CARE

At Camp Chi, campers form friendships and establish lifelong bonds with one another. We know this happens during meals, at song sessions, while singing around a campfire and throughout every moment of the day. The building of social relationships is a fundamental part of Camp Chi and holds significant impact and meaning to the entire camp community. How we help create an environment that allows each child to thrive socially is a piece of the legendary Camp Chi Magic, that we call Camper Care and we define as follows:

Camper Care is the actions and behaviors that we take to ensure the physical safety, emotional stability and social well-being of our campers.

At times it may seem like the food service team, Health Center staff, cabin counselors and specialists are all working independently to create the best environment for campers. But in actuality, through a variety of methods and coordination, everything comes together to form a cohesive system.

We have a team of dedicated staff in place to make sure campers are getting the care they need. In addition to the Health Center staff, who focus on the physical health of

the campers, we have a dedicated team who focus on the mental and social-emotional health of our campers and staff as well. This team includes our inclusion coordinator, social workers, and camper care coordinator, who works with each village leader to review any concerns and implements systems with them and the counselors.

We are committed to creating an inclusive community where every camper can be successful. Through camper care, we provide extra support when needed, to ensure just that. It may be an occasional visit to the chill zone, a one-on-one support counselor\*, a visual schedule, a check-in with one of our professional staff, or something else altogether, but we are committed to implementing any and all of our tools to help ensure each camper is successful at camp.

*\*One-on-one counselors are provided through our partnership with Keshet. Campers who require a one-on-one counselor must register through Keshet to ensure we are prepared to help them be successful at camp.*

# STRUCTURE OF CAMP

The structure of camp allows campers to have a tight-knit community in a large-camp setting.

## VILLAGE\*

A camper's village is their whole family. The cabin is like their immediate family and the rest of the village are the extended relatives. Villages are designated by the camper's grade in the fall after camp. There are different physical setups of villages, but each one has a large light that turns on at dusk and remains on overnight. Each village has what is called a village leader, a supervisory staff member who oversees the programming, manages the counselors, and ensures each camper's well-being. Our full-time staff supervise and work with the village leaders.

*\*Unsure of what village your camper is in? Refer to the grade/village chart on page 3.*

## CABIN

A cabin is typically made up of 10-12 campers and 4 staff. Typically, 2 of the staff are counselors and the other two are specialists who work in one of the specialty areas during the day but spend their off hours and evenings with the cabin. Each cabin has wooden bunk beds and each camper is assigned 3 shelves near their bed.

## BATHROOMS

Bathrooms are not located inside any of our cabins; they are just a short walk through the village. While this may seem like a hassle, this means our campers do not have to clean the bathrooms. Instead, the bathrooms are cleaned by our janitorial staff 3 times a day. All bathrooms have private showers and toilets.



# DAILY SCHEDULE

Camp Chi is a specialty-based camp, meaning the daily schedule is built around choice-based activities, or specialties. Campers can choose what they want to do, while enjoying activities with their friends and meeting new people as well. All of our activities are what we call “Challenge by Choice,” meaning no one will be forced to participate in an activity, but we find when campers step out of their comfort zone, they are able to achieve more. The schedule varies by age group, allowing older campers a later bedtime and breakfast, as well as more choice in their activities.

## SAMPLE SCHEDULE

MORNING	
7:45am	Wake Up
8:15am	Breakfast
9:00am	Cabin Clean-Up
9:45am	Cabin Time Activity
11:00am	Specialty 1 Activity



Icon of a cabin with a chimney and a door.

AFTERNOON	
12:15pm	Lunch
1:15pm	Rest Hour
2:30pm	Specialty 2 Activity
3:45pm	Swim



Icon of a horse in profile, facing right.

EVENING	
5:30pm	Dinner
6:30pm	Specialty 3 Activity
7:45pm	Evening Program
8:45pm	Snack
9:00pm	Shower
9:30pm	Lights Out



Icon of a crescent moon and three stars.

*Each village has it's own schedule with older campers staying up later and sleeping later.*

## SPECIALTIES

These are the activities campers sign up for. Specialties feature a healthy blend of play and competition. Campers will change specialties about once a week (more often for campers in one of our Mini Sessions) and most campers will get the chance to try about 9 specialties while at camp. While we encourage campers to try new things, we also allow them to switch their specialty after trying it once.

## CABIN TIME

Each day your camper's cabin will be assigned to cabin time. This is an activity that the whole cabin and counselors go to together to enjoy.

## EVENING PROGRAM

Evening programs happen after dinner and are either single-gender programs (all the boys/girls in one village together,) whole village programs, or all camp programs (camp play, etc.). Counselors and village leaders plan and run the single-gender and village evening programs, which can vary from things like lip sync battles to paint twister to dodge ball. The village staff pride themselves in creating programs that are tailored to their campers' interests and skills.

## SWIMMING

All villages have an assigned swim time each day. For campers in Garinim, Yeladim, Kadima, Shoreshim or Tsofim, half of the time is spent in instructional swim and half is free swim. For campers in Chalutzim, Habonim, Noar or SIT, the whole time is free swim. Everyone at camp, staff included, must complete the swim test before they can go in any of the pools or lakes. The test involves swimming one lap of the pool and treading water for one minute. Individuals who cannot do this are asked to stay in the shallow end and may retest at any time. Please note that regardless of swim test, everyone who goes into or onto the lake must wear a life jacket.

# MEET THE STAFF

There are two big groups of people who make camp happen each year- our campers and our staff. Each summer we employ nearly 400 people to ensure camp is safe, successful, fun, and unforgettable. These staff come from all over the world and many were campers at Chi themselves. All of staff go through extensive training in their roles, Camp Chi procedures, and child development. The staff can be broken down into a few categories:

## SUPERVISORY STAFF

The supervisory staff receive additional training, and are each responsible for running a certain age group or area of camp. Each supervisory staff member is directly supervised by one of the full-time staff.

### Village Leaders

Each village age group has at least one village leader responsible for supervising the counselors, ensuring the village programs are of high quality, running each meal in the dining hall, and making sure each camper in the village is having a great summer. The village leader is also the main link to families over the summer, both by phone and email.

### Area Leaders

Like a village leader, the area leader runs each specialty area of camp (pool, horseback riding, etc.). While supervising the specialists in their area, they are responsible for developing and implementing the curriculum in their programming. The area leaders work with their specialists to come up with great programming both in specialties and cabin times, while also living in a village to provide additional supervision when not in their area.

## COUNSELORS

Each cabin has at least 2 counselors. The counselors are with the campers all day, every day, except during specialty, when they are often planning programs and in staff meetings. Almost all of our counselors were campers at Camp Chi themselves, and most have gone through the Staff in Training (SIT) program.

We are proud to offer one-on-one counselors\* to provide extra support for campers who need it. These one-on-one counselors live in the cabin and are with the cabin, just like the main cabin counselors.

## SPECIALISTS

Specialists work in each specialty area (outdoor cooking, waterski, etc.), running specialties and cabin times. These highly specialized staff are experts in what they do and are assigned to a cabin when they are not working in their area.

## SUPPORT STAFF

It takes an army to prepare meals and keep camp clean, and we have an amazing dedicated group of staff who do just that. Whether it is cleaning a bath house, repairing a screen, cooking up the delicious grilled cheese, or scooping ice cream, these staff work all hours to make sure our campers are fed, the facilities are clean, and camp is ready.

## AND SO MUCH MORE!

In addition to these main groups, we have many other staff (Health Center, drivers, office, program team, etc.), who work tirelessly to make camp successful. Every staff member, from driver to security to head chef and counselor, is essential to delivering the high-quality camp experience we promise our campers and families.

*\*One-on-one counselors are provided through our partnership with Keshet. Campers who require a one-on-one counselor must register through Keshet to ensure we are prepared to help them be successful at camp.*

# JEWISH LIFE AT CAMP CHI

Camp Chi is a Jewish overnight camp, affiliated with JCC Association of North America. When you make the choice to send your campers to us, you understand we live by Jewish values, engage in Jewish rituals and explore activities, programs and topics from a Jewish world view.

Camp Chi has three core values: *kavod* (respect), *chesed* (kindness) and *kehillah* (community). These values are the basis of everything we do from programming to Camper Care and making cabin groups. We infuse these values, and more, into the daily life at Chi and that is what makes Camp Chi, not just a summer home, but a Jewish home for life.

Throughout the summer we introduce various elements of Judaism to our campers beyond Jewish Values Programming. Some of the ways we engage our camp family include:

- Shabbat (Friday night) and Havdalah (Saturday night) Services
- Having an alternate schedule with more restful activities on Shabbat (Saturday)
- Learning and reciting blessings before (*ha-motzi*) and after the meals (*birkat hamazon*)
- Eating in a Kosher style environment (not mixing dairy and meat meals)

- Singing the Israeli National Anthem (*Hatikvah*) every day
- Formal Israel education
- Cultural exchange with Israeli campers and staff
- Learning Hebrew

## BAR/BAT MITZVAH TUTORING

Camp Chi can arrange for your camper to receive Bar/Bat Mitzvah “coaching” from our Bar/Bat Mitzvah tutors for three 30-minute periods per four-week camp session. Each camper is responsible for meeting the tutor during the assigned time. Whenever possible, these coaching sessions will occur during rest hour or other free periods. This service is available for an additional fee to campers with B’nai Mitzvot occurring prior to November 1st. Forms to sign up for this service will be available in CampInTouch.

We are also able to arrange times for tutors to call and/or video chat their students to maintain regular tutoring. This service is free of charge.



# SECURITY & SAFETY

Keeping our camp community safe and secure is a top priority for us. We employ a variety of safety measures to keep camp safe, including having every staff member always wear a bar-coded ID, having one entrance/exit to camp that is constantly manned, and having every visitor and vendor sign in and out. We regularly review our security protocols with local and state law enforcement, as well as experts in the field. Local law enforcement visit camp throughout the summer to familiarize themselves with camp and check in with the full-time staff. During training and throughout the summer, we emphasize to staff and campers that if they see someone or something that seems off or that does not belong, to tell someone immediately. We have plans, procedures, and protocols in place for all types of emergency situations, however we are not able to release them, as advised by law enforcement.

At the start of every cabin time activity and the first day of each specialty, our staff review the proper way to use all equipment, rules and expectations in that area, and answer any questions. We require campers doing certain activities to dress accordingly, (long pants and closed-toe shoes at horseback riding, etc.), to keep them safe. If a camper comes to an activity unprepared, they will be sent back to change if time allows. If not, they will not be able to participate in the activity that day.

# FOOD SERVICE

We partner with WOLFoods, a professional food service company, to provide healthy and delicious meals each day. Camp Chi operates a kosher kitchen, although there is not a *mashgiach* (kashrut supervisor) on site. All of our food is *hechschered* (certified as kosher), except the hard cheeses. At all lunches and dinners, we offer a bountiful salad bar, plain pasta, and soy nut butter, jelly and bread. We often have soup as well. At breakfasts, we offer a variety of cereals, a fruit and yogurt bar, and oatmeal.

## FOOD ALLERGIES

Camp Chi can accommodate certain food allergies and dietary restrictions. Please notify us via your camper forms if your child has special dietary needs. This will give our Health Center and Kitchen Staff adequate time to prepare. We employ a specialized chef, whose job is it to make safe and delicious meals for campers who cannot eat the regular meal due to dietary restrictions or allergies. Additionally, there is a large allergy board in the main dining hall that visually lets campers see the food in the meal and the common allergens present.

Camp Chi's Kitchen regularly stocks Lactaid, soy milk and rice milk. These products are available whenever we serve milk in the Dining Hall. Additionally, dairy-free meals are available for campers with known and previously communicated dairy allergies.

We can accommodate the special diets associated with Celiac Disease. Campers needing a gluten-free diet will receive menu options that closely mirror what is being served during a particular meal. To help with this effort, families of campers needing gluten-free diets are asked to contact the camp office and at times provide certain food items for their camper to supplement the gluten-free foods stocked in the Camp Kitchen.

## PEANUT & TREE NUT ALLERGIES

Food allergies, particularly nut allergies, are a growing concern across America. To help protect the health of campers and staff, we do not use peanuts, tree nuts or nut oils in the preparation of food in our Dining Hall or at outdoor cooking. Although Camp Chi does not serve peanut butter, a delicious soy alternative is available. We will not serve items where the label indicates that the food contains peanuts or tree nuts, but we may serve packaged items that state that a product has been produced in a factory or on machinery where nuts may have been present, or similar language.

Although serious efforts are being made, Camp Chi cannot guarantee an entirely nut free facility, as nut products and gluten are not always clearly labeled.

Our professional food service staff is available for consultation regarding food allergies starting in June. We will work together to provide healthy and safe options for your campers to confidently enjoy wholesome meals at camp.

## PICKY EATERS

Part of coming to camp is trying new things and stepping outside your comfort zone. That goes for food as well, and we encourage campers to always try new foods. That being said, we never want anyone to go hungry and do our best to accommodate campers with more specific palates. If your camper does not find something to eat, they should approach their counselor or village leader who will work with the food service staff to find an option for them.

## KID-FRIENDLY, NUTRITIOUS MEALS

BREAKFAST	LUNCH	DINNER
Egg Sandwiches	Tacos	Chicken Stir Fry
Waffles	Grilled Chicken Sandwiches	Spaghetti & Meatballs
French Toast	Baked Ziti	Roast Chicken
Pancakes	Mac & Cheese	Chicken Tenders
Bagels & Cream Cheese	Quesadillas	Deli Buffet: Deli Meats, Veggies, Hummus & Pita
Daily	Pizza	Hamburgers & Hot Dogs
Yogurt	Grilled Cheese & Tomato Soup	Chicken & Steak Fajitas
Fresh Fruit	Picnic Buffet:	
Assorted Cereal	Tuna, Egg & Pasta Salads	
Oatmeal		

*Soy butter & jelly, fresh fruit, pasta and salad bar are available at all lunches and dinners.*

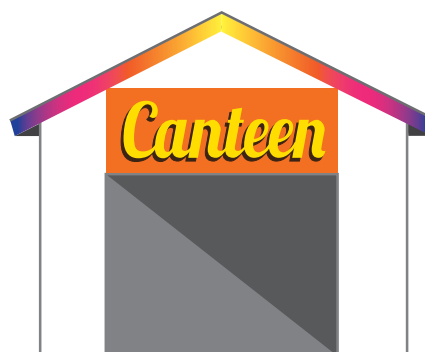


# CANTEEN

The Camp Chi Canteen is a full-service camp store. Campers visit the Canteen approximately 3 times each week depending on their age. Each camper has a canteen account that is established upon camp registration. Campers withdraw from this account to pay for Canteen items, including snacks, Chi Gear (sweatshirts, t-shirts, hats, etc.), games and necessity items (stamps, stationery, shampoo, etc.). Upon each visit to the canteen, campers are limited to two consumable items (plus a bottle of water). The canteen staff closely monitors each camper's account and will contact you if your child's account is running low.

## CANTEEN REFUNDS

Any remaining balance in your child's canteen account will be refunded to you after the end of the camp season. If less than \$10 remains in an account, the money will be automatically donated to the Camp Chi's scholarship fund.



# LAUNDRY

During each three- and four-week session, campers will have their laundry cleaned three times. For campers in the Mini Sessions, their laundry will be done one time. A professional laundry service washes, dries and folds the contents of each camper's clearly marked laundry bag and returns clothes a few days later. Each camper will receive a color-coded Camp Chi laundry bag to use each summer. The minimal charge for this laundry bag will be charged to the camper's canteen account. To further avoid missing items, it is imperative that ALL clothing be marked with camper's FIRST and LAST NAME. Camp Chi is not responsible for lost clothing or other articles. Please note there is no laundry service during Try Chi.

One of our partners, Camp Laundry & Baggage, also offers optional post-camp laundry service. After you get your camper's bags from the bus site, they'll pick up your laundry directly from your house, wash everything one more time and return your belongings directly to you, fresh and clean. Camp Laundry & Baggage will donate a portion of the proceeds from post-camp laundry service back to the Ron Levin Summers of Tomorrow Fund, which helps provide camper scholarships, so you can get clean clothes and support camp too!

# OTHER IMPORTANT INFORMATION

## BIRTHDAYS

Having a birthday at camp is something a camper (or staff member) will never forget, and will make those born not during camp jealous. It's an old Camp Chi tradition to celebrate each camper's birthday with a cake (provided by camp), singing, and a cabin party. If you would like to call your camper on his or her birthday, please do so by arranging a time in advance with the camp office at 847.763.3551. Please do not send money for a special party. If you would like to do something special for the cabin, contact the Chi Canteen at 847.763.3677. Please do not expect phone calls from campers on family members' birthdays.

## BEDWETTING

It is not uncommon for campers of all ages to struggle at times with staying dry overnight. Whether it is a regular thing or just happens occasionally, we are prepared to help your camper be successful at camp. There are many strategies campers have used at camp to manage bedwetting, ranging from special nighttime undergarments to vibrating alarm clocks. As no two campers' situations are the same, we encourage you to call our office at 847.763.3551 before the summer to review a plan for success for your camper. We promise you and your camper that we will use discretion when dealing with this and any other personal issues.

## HOME SICKNESS

Home sickness among campers is very common regardless of their age or experience being away from home. Although the specific causes of homesickness differ by camper, there are things you can do prior to them leaving to help prepare and prevent homesickness. Make sure to talk about camp with your camper. These positive conversations help build excitement and anticipation. You can visit the Chi website together, watch Chi videos, go shopping for camp gear and label clothes together. Talk about all the great things they will be able to do at camp and about all the new friends they will make. Include a quick mention about homesickness. Reassure your camper that missing home is normal. We suggest discussing strategies on how to cope with these feelings. Encourage your camper to talk with counselors or other staff if they feel sad or upset.

If your child is not used to spending the night away from home, make sure to schedule some sleepovers with friends or relatives prior to camp. These small experiences can make a big difference for kids while adjusting to camp life.

At camp, we are homesickness experts and will do everything we can to help your camper adjust to camp and overcome homesickness. As no two campers are the same, there is no one way to help a camper with homesickness and will employ a variety of strategies to help your camper adjust. If you anticipate your camper struggling with homesickness, call camp beforehand at 847.763.3551 to help us strategize and put a plan in place to help your camper be successful.

## VISITING DAY & TOURS

While your camper is at camp, we do not allow families to visit. We find this to be a big disruption to the routine of camp, and can have negative effects both on your campers, and other campers in camp who do not get visitors. Instead, we have a **Summer Open House on June 9, 2019**, where all current families and those considering Camp Chi can visit, take a guided tour of camp, meet some of the staff, enjoy a lunch in the dining hall, visit the canteen, and speak with the full-time staff. Find full details and RSVP on our website: <http://www.campchi.com/SummerOpenHouse>

If you know someone who is considering camp and cannot attend the Summer Open House, we are happy to give them a tour during the summer, so they can see camp in action. They should call our office at 847.763.3551 or head to our website and submit a tour request: <http://www.campchi.com/tours>

# IMPORTANT CAMP CHI POLICIES

When registering for camp, every family agrees to JCC Chicago/JCC Camp Chi's terms and conditions which can be found online at [www.campchi.com/policies](http://www.campchi.com/policies). To highlight some of the most important ones:

## **PAYMENT POLICY**

For your convenience, JCC Chicago accepts cash, checks, American Express, Visa, MasterCard, Discover, and electronic bank draft. Registrations are not complete until program fees or deposits are made. Prior to processing registration for any JCC Chicago activity, accounts are reviewed for outstanding balances. Registration cannot be processed until past-due balances are reconciled.

## **FINAL PAYMENTS**

All camp fees must be paid in full by April 15.

## **DEPOSITS**

A \$500 non-refundable deposit is due for each session at the time of registration. For the Pacific Northwest Adventure Trip (PNW), a \$1000 deposit is due at the time of registration of which \$500 is refundable until January 1. Families applying for fee assistance provide a deposit of \$150 at the time of registration. If fee assistance is not awarded or declined, the deposit is refundable less a \$25 processing fee.

## **CANCELLATIONS, REFUNDS AND CHANGE FEES**

Prior to April 15, camp fees are refundable minus the \$500 deposit as explained above. Cancellations that occur after April 15, will be assessed half of the camp fee. Once a program begins, no refunds will be granted for cancellations.

For Try Chi, payment is due in full at time of registration and is fully refundable until June 1. After June 1, Try Chi fees are not refundable.

After registering, any changes to sessions enrolled that result in decreasing the length of time at camp will be assessed a \$25 processing fee. Adding additional sessions after registration or extending length of stay will not incur this fee.

## **CHANGE FEES - PACIFIC NORTHWEST TRIP**

After enrolling for the PNW Trip, if you choose to switch your enrollment to a different session or program, a change fee will be assessed according to this schedule: \$25 fee September-December 31; \$500 fee January 1-February 14; \$750 fee February 15-April 15; \$1000 fee after April 15.

## **EARLY DEPARTURES**

Once a program begins, if the camper has to leave for any reason, including but not limited to behavior, injury, illness, or personal reasons, no refunds or credits will be given.

## **PHOTO POLICY**

JCC Chicago/Camp Chi may videotape or photograph participants enrolled in programs, classes, and events or while enjoying JCC Chicago/Camp Chi facilities. These photographs are for JCC Chicago/Camp Chi publications, flyers, publicity efforts, brochures, web use, other electronic communications or video usage. All photos and videos are for JCC Chicago/Camp Chi use and become the sole property of JCC Chicago/Camp Chi. Please contact the director of your program for photographic exclusions for your child.

## **CODE OF CONDUCT**

JCC Camp Chi reserves the right to cancel the enrollment, without providing a refund of fees, of an individual for reasons not limited to the following: not observing rules outlined in our camper contract, community agreement on bullying, website, program guide or parent handbook.