

ברוכים הבאים לאתגר ברמה



Welcome to
Ramah in the Rockies



WELCOME

Dear Honored Guests,

Welcome to our Ramah community! We are so excited you are staying with us at our beautiful *chava* (ranch), and we hope to make your stay enjoyable. During your visit, we invite you to participate in our activities, join our *limmudim* (learning sessions), sit with us at meals, explore our property, and get to know our camp family.

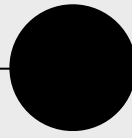
In this booklet, you'll find important information, including camp & guest policies, a brief overview of the weekend schedule, a map of camp, and meal & food information.

If you have any questions during your stay, please ask our guest coordinator or any staff member.

Enjoy your visit!



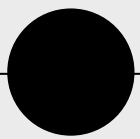
Camp Policies



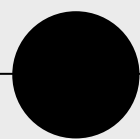
Overview

At Ramah in the Rockies, our first priority is the health, safety, and well-being of all campers and staff in our care. We understand the sacred trust that our families place in us to take care of their children. Everyone in our community (campers, staff, parents/guardians) have agreed to abide by these policies. By joining us, you too are agreeing to follow our policies and notify a member of our senior leadership team if you hear/see something we should know in order to keep our community safe.

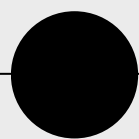
Below are key policies we want to reiterate for your visit.



We are an alcohol, marijuana, tobacco, and drug-free facility. Use, possession, or distribution of these substances in any quantity on our property will result in immediate removal.



In general, you may not be alone with a camper unless it is your own child. You also may not enter camper *ohalim* (tents) unless you have permission from a senior staff member AND are accompanied by another adult.



It is important that our meals begin and end on time. Please make sure that you arrive in time to join us for the entire meal and that you stay through the end to hear any announcements.



Meals: ארוחות

The food we serve and how we serve it play a large role in our mission. We strive for mindful consumption of a healthy, well-balanced diet, including locally grown produce, unrefined flour, whole grains, fruits, & veggies. Some of our produce is even grown on our ranch. Meals are primarily vegetarian, serving meat 1-2 times per week. There are always gluten-free, dairy-free, and vegan options available and also a pasta bar & sandwich station. We encourage you to try a “no-thank-you helping” of our dishes before choosing these alternatives.

Meal times are a wonderful opportunity to catch up on the day, make new friends, and enjoy our fresh, delicious food. We begin and end all meals together with a *bracha* (blessing), and we bus and clean our own tables. If you are with us for an extended amount of time, we ask you help in dishpit (*shtifat keilim*) or as a *meltzar* (waiter).

Meals are served in the *chadar ochel* with the meal times listed below. Other important meeting times are also included.

Weekdays & Sunday

7:40 AM: Breakfast

**8:40 AM on Sundays

12:20 PM: Lunch

6:15 PM: Dinner

Friday Night

6:00 PM: Rikkud (dancing),
followed by Kabbalat Shabbat -
Pardes T'filah

7:30 PM: Dinner - *Chadar Ochel*

9:30 PM: Oneg - *Chadar Ochel*

Shabbat

8:00 AM: Rolling Breakfast

9:15 AM: *T'filat Shacharit* Options:
Minyan Torah Shleima - Beit
HaYitzirah

Shira B'Ramah - Ohel Moed

Learner's Minyan - Ohel Ilanot

10:30 AM Torah Service - Ohel
Moed or Beit HaYitzirah

12:30 PM Lunch

1:20 PM: Limmud

2:20 PM: Shabboptions

5:30 PM: Mincha in Ohel Moed

6:15 PM: Dinner

~8:30 PM: (depends on the week)
Slow Shira and Havdalah

Jewish Practice

Ramah creates an alternate reality, a plausibility structure, which supports living an observant Jewish lifestyle inclusive of prayer, ritual, and interpersonal mitzvot. Our campers and staff come from a variety of Jewish backgrounds, and we work to make everyone feel comfortable, using language like "this is what we do at camp" and "it's okay if it is different from what you do at home." These experiences are the definition of joyous Judaism--get ready to sample the magic!

Kashrut

Only kosher food is allowed on our ranch. If you are not sure whether the food you have is kosher, please ask a senior staff member for assistance. Additionally, NO OUTSIDE food can be brought into our *chadar ochel* (dining hall) without prior permission from a senior staff member or our *mashgiach/a* (kosher cop)

While we are on the topic of food, please do not bring food into programming tents, and all food must be disposed of inside a building or in the brown bear bins. Finally, we are a nut-free facility.



Shabbat

Shabbat is one of the greatest experiences at Camp Ramah. If you are our guest for Shabbat, you are in for a special treat! Be prepared for beautiful davening (prayer) experiences, delicious food, spiritual learning, and time to relax. We observe a traditional Shabbat, which means no writing, conducting business (including handling money), phone or other electronic usage. Rather, Shabbat is filled with singing, dancing, learning Torah, enjoying friends, and connecting with God and our natural environment in this extraordinary community. We invite you to participate fully with us during our Shabbat programming and experience the gift of time at Ramah in the Rockies.





Housekeeping & Accommodations

Surrounded by a glorious natural environment, we have made your indoor accommodations as comfortable as possible, which includes clean sheets, pillows and extra blankets. While we do have designated housekeeping staff, we ask that you do your best to leave your room clean and ready for our next visitor: please strip beds and gently wipe down surface areas. This will help our hospitality staff prepare the room for the next guest.

At Ramah in the Rockies, we have created a community built on trust and don't lock our doors. Should you find yourself locked out of your room, please knock on a door labeled "senior staff" or ask a staff member to radio for our guest coordinator or operations manager.



Activities

Every day our campers participate in activities, including animal care, mountain biking, wildcraft skills, arts & crafts, rock climbing, farming and more! These are led by trained staff members and take place in various locations around camp. If you would like to participate in the activities, such as archery or gardening, we are happy to arrange this for you. Please speak to Mirit Sands or our guest coordinator.

If you simply want to roam the grounds and enjoy the area, you are welcome to walk the property (360 acres), visit our chickens at the farm, or hike up to Ramah Valley for a breathtaking view of Prospector Mountain. You can ask any staff members for directions.





In Case of Emergency

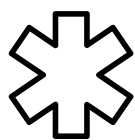
Should you hear a siren on the PA system during your stay, please make your way to the *migrash*, the field next to the basketball court, and wait for further instructions.

If an alarm in this building sounds, please go outside and cross the road to wait in the parking lot area.



Caution

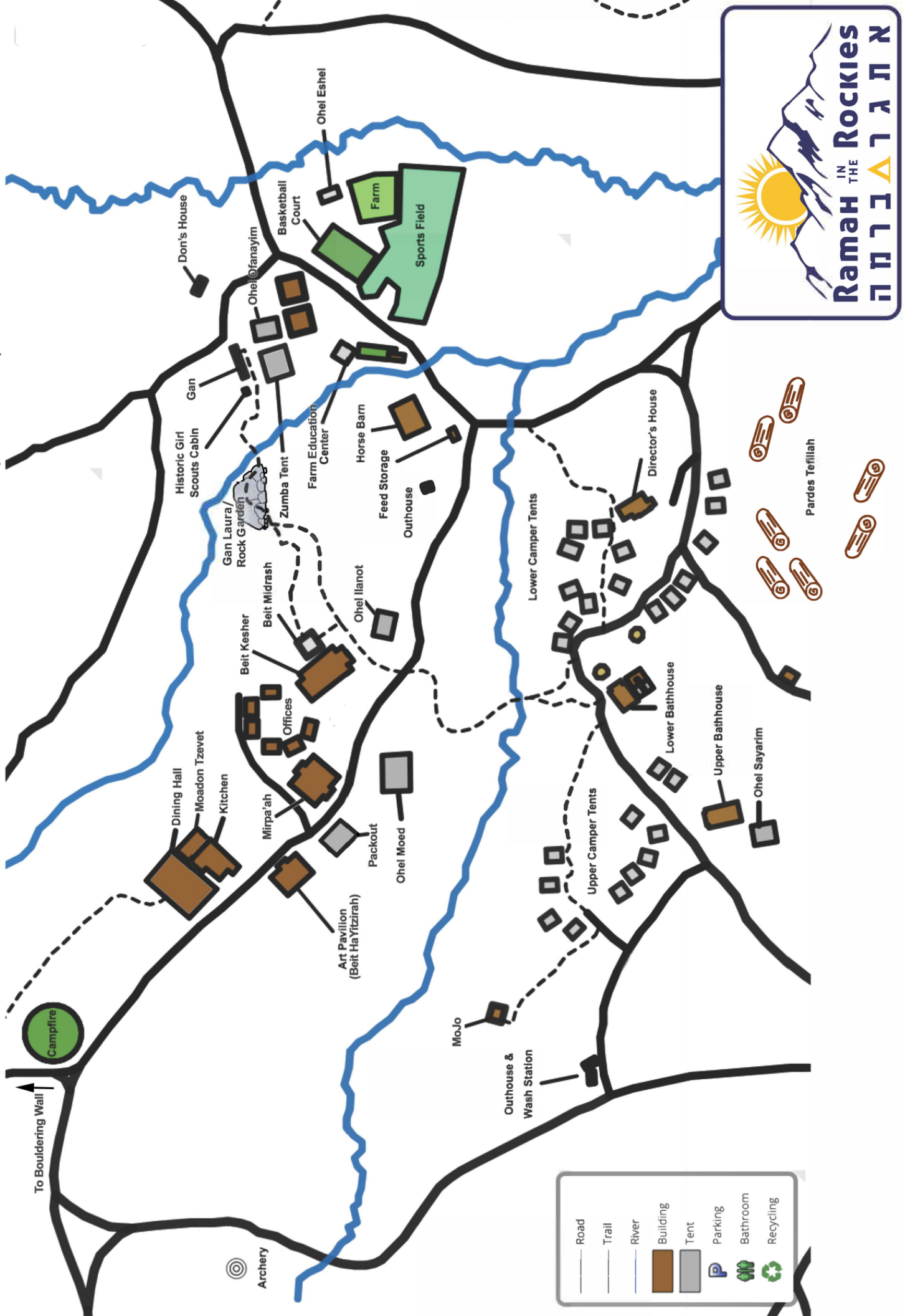
Our views are breathtaking but come with the price of a very high altitude! Here at camp, you are at 8,000 feet above sea level so please drink lots of water throughout the day. Hydrating is the best way to combat feelings of headache or other altitude adjustment illnesses. It is also advised to always explore in pairs in any wilderness setting.



Medical

Should you have any medical needs during your stay please visit our nurse in the *Mirpa'ah*, the building located next to the *Beit Kesher*.

Ramah in the Rockies Camp Map





תודה רבה



Keeping our camp running so that hundreds of campers, staff, and guests (like you!) can be immersed in Judaism in the backcountry costs a significant amount of money, and over half our campers come with some sort of financial assistance. We are one of the few overnight camps that do not charge a fee to stay in our guest house.

Nonetheless, we welcome any and all donations, from \$1 to \$250,000+. Your gift may be given by visiting our website or via check or DAF.

Thank you & enjoy your stay!

-The Ramah in the Rockies Team-
