



## Spring To-Do's

\* Please help us with following items for all campers \*

1. **Camper Profile** – see enclosed instructions

*We want more information about your son!*

2. Begin packing for the summer – see enclosed **packing list**

*Call with any questions*

3. Fill out the **Health Forms** – see detailed instructions

*We need **three** items for each camper:*

*a. On-line Health form*

*b. Insurance card*

*c. Physician's report*

*\*This can be up to **two years old** from the start of the summer\**

4. Read our “Be Avoda **Fit**” Policy

*Help keep our campers eating right and following the rules*

# Camp Avoda

## Camper Profile

This form will inform us about your son:

- Interests and hobbies
- Social disposition
- Bunkmate request, if any
- And more

To fill this out:

1. Go to [www.campavoda.org](http://www.campavoda.org)
2. Go to the "Current Campers" menu and select "Camp In Touch Login" (or simply click the Camp in Touch logo/link on the front left on the home page)
3. Log in to your Camp In Touch account
4. Select "Forms & Documents"
5. Click on "Camper Profile" and fill out one form for each camper in your family.

# Camp Avoda Clothing List

Please refrain from sending your son with squirt guns, water balloons, and chewing gum.

Every article (including footwear!) *must be marked with the camper's full name*. Use sew-on, or iron-on name tapes, or an indelible ink. The Camp and its laundry service will not be responsible for lost, stolen, or damaged clothing or equipment. Camp Avoda will provide the beanies/kipot. Every boy must bring with him 2 sport shirts and 2 pair of good shorts for Shabbat, socials, and other special occasions. 2-3 Avoda T-Shirts are required of every camper and can be purchased from Amerasport (on-line at campavoda.org and click the "Store" link at the bottom of the home page). *Avoda* shorts, sweatshirts, sweatpants, baseball hats, and visors are optional and all may be purchased through our clothing catalog.

1 Toothbrush & toothpaste	Athletic equipment: tennis racquet*, glove*, hockey stick, etc.
Toiletry Carrier	
Tissues	Athletic supporter with protective cup (optional)
Soap and plastic soap dish w/cover (Or liquid body soap)	Mouth guard (optional)
Shampoo	Fishing rod and tackle (optional)
Baby powder (optional)	Elbow and knee pads (optional)
Comb or brush	1 Pair of Shin Guards (suggested for soccer)
Nail clipper	Sunscreen
12-14 Pairs of socks	Swim goggles (optional)
2 Pairs of sneakers	Laundry bag (for the one day the laundry is out)
1 Pair of waterproof footwear sandals or Tevas	Flashlight and batteries
1 Bathrobe (optional)	Radio (optional)
1 Jacket/raincoat (optional)	6-Outlet electrical strip and 15 foot extension cord (optional)
2 Sweatshirts	Padlock for locker door (combination lock)
3 Pairs of pajamas	Small fan - clip-on; electrical or battery operated (optional)
1 Pair of jeans (optional)	Clip-on light; electrical or battery operated (optional)
1 Pairs of sweatpants	Sunglasses
2 Pair of good shorts <i>or pants</i> (for socials and Shabbat)	Insect Repellant (with DEET)
1 Baseball hat or visor	2 Blankets or a comforter
10-12 Pairs of underwear	4 Sheets (twin size if possible – 2 fitted, 2 straight)
10 T-shirts (at least 2 white and 2 dark blue)	Pillow
2 Polo shirts	2 Pillow cases
3 Bathing suits	Sleeping bag (Not for grades 3-5)
8 Pairs of athletic shorts	3 Bath towels (think/quick dry recommended)
Post cards, stamps, envelopes, paper	2 Beach towels (large size)
Pens and pencils	Musical instrument (optional)
1 Shoe bag (optional)	Books for reading (optional)
Duffle bags are recommended for packing clothing	Collapsible chair (optional)
1 Cinch Sack for field trips (small bag)	

You might wish to purchase an "under-the-bed" box for games, extra bed linens, and extra clothing. (The area under the bottom bunk (bed) is 11" from the floor to the bed spring.) Each Camper is supplied 2-3 drawers for his clothes as well as a locker.

**Hand-held electronic games will not be allowed:**  
 - iPads, Nooks, Kindles are not allowed  
 - Cell phones are not allowed  
 - No camper may bring any electrical appliance with the exception of a fan, light and clock/radio.  
 - The Camp forbids knives, and fireworks.

\* PLEASE NOTE: The Camp does not supply the starred athletic or sports equipment such as tennis racquets and baseball gloves. Campers can bring their own fishing rods with tackle – but the camp also has some.

# Instructions for Camper Families Regarding Health Forms

## Overview

All camper families must complete, read and submit the following:

1. <b>Health History Form *</b>	To be completed on-line
2. Immunization Memo	To be read on-line
3. Memo Regarding Medications	To be read on-line
4. Meningitis Memo	To be read on-line
5. Camp Avoda Medical Policy	To be read on-line
6. <b>Submit Insurance Card *</b>	Email <i>or</i> send in
7. <b>Physician's Form *</b> ( <i>Can be up to two years old from start of the summer</i> )	Download through the web and bring to your doctor or custom form from your doctor is OK; return to us: email or mail

**\* REQUIRED**

### Tech Notes:

- *If you are inside a dialog box and cannot see the "next" or "continue" button at the bottom, make the screen smaller. On a PC, hit Ctrl key and the minus key. On a Mac, hit the command key and minus key. (The plus key makes things bigger.)*
- *If you are using Google Chrome and cannot see the downloaded document, maximize the window, then try downloading again.*
- *If you need help with any of this – please contact Ken: 781-433-0131 or email [ken@campavoda.org](mailto:ken@campavoda.org).*

### Other Note:

- *If you are a return camper, your data from last year should be in the system! (This makes it very easy for you.) Please be sure to review it and **make sure everything is up to date** for this important health data about your son.*

## Health Form Details

### 1. Health History Form

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under each camper's "Forms and Documents"
- e. Find "Health History"
- f. Click on link and complete form

### 2. Immunization Memo

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under "Forms & Documents for Your Family"
- e. Find "Immunization Memo"
- f. Click on link and simply read form

### 3. Memo Regarding Medications

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under "Forms & Documents for Your Family"
- e. Find "Memo Regarding Medications"
- f. Click on link and simply read form

### 4. Meningitis Memo

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under "Forms & Documents for Your Family"
- e. Find "Meningitis Memo"
- f. Click on link and simply read form

### 5. Camp Avoda Medical Policy

- g. Go to [www.campavoda.org](http://www.campavoda.org)
- h. Go to the "Current Campers" menu and select "CampInTouch Login"
- i. Log in and select "Forms & Documents"
- j. Under "Forms & Documents for Your Family"
- k. Find "Camp Avoda Medical Policy"
- l. Click on link and read form

6. Submit **Insurance Card** : Upload through web, email, OR mail in

*Submit/Upload through the web*

- a. Photo copy BOTH sides of each camper's insurance card – save as PDF
- b. Go to [www.campavoda.org](http://www.campavoda.org)
- c. Go to the “Current Campers” menu and select “CampInTouch Login”
- d. Log in and select “Forms & Documents”
- e. Under each camper's “Forms and Documents”
- f. Find “Upload Insurance Card Use the Link to the Right”
- g. Click “Upload” button **all the way to the right** (Note: the link on the left is simply instructions, you do not need to download this.)

**OR**

*Email* it to [info@campavoda.org](mailto:info@campavoda.org)

**OR**

*Send it to Ken Shifman through the **US mail**.*

- a. Before June 10, please mail to  
43 Standish Road  
Needham, MA 02492
- b. On or after June 10, please mail to  
Camp Avoda  
23 Gibbs Rd.  
Middleboro, MA 02346

7. Submit **Physician's Form**: *Two* steps as outlined below

**Note:** this form can be up to 24 months old from June 24, 2018 and **should include immunizations.**

Step 1: Download Physician's Form and bring to your doctor

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the “Current Campers” menu and select “CampInTouch Login”
- c. Log in and select “Forms & Documents”
- d. Under each camper's “Forms & Documents”
- e. Find “Get Physician's Form; Upload w/ Link to the Right”
- f. Click on the link on the left to download and print out
- g. Bring this to your doctor

Step 2: You can use the downloaded, completed form from *Step 1* OR your doctor's custom form. Upload through web, email, fax, OR send in.

To *submit/upload* through the web

- a. Go to [www.campavoda.org](http://www.campavoda.org)
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under each camper's "Forms and Documents"
- e. Find "Get Physician's Form; Upload w/ Link to the Right"
- f. Click "Upload" button **all the way to the right**

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## ***Be Avoda FIT – A Focus on Healthy Living***



F: Food

I: Improvement

T: Technology

Camp Avoda is excited to maintain our healthy living paradigm while your son is at camp. We have *listened* to parent feedback and we have discussed this with many people. We have also looked at what many other camps are doing and *not* doing. We are excited to put even more of an emphasis on being **healthy** in many ways during the summer. We are aware that changes at summer camp are never easy, but we are eager to join the healthy trends in our society.

### Food:

- **We will not allow food or snacks in the bunks.**
  - We have snack time during the days and after the evening activity
  - If your son is hungry between meals tell him to ask at the Main Office!
  - We can't allow allergens in the bunk
  
- **Sports drinks and water are *no longer* allowed.** Drinks caused trash, unhealthy options with no moderation, caused camper jealousy, and was turned into a source of currency.
  - We have water fountains all over camp. We recommend water bottles that can be refilled.
  
- Please refrain from sending *food* in care package to your boys. (Please let you relatives know too.)

*NOTE: We really need **your** help with this. We found last summer that parents were sneaking food in. This does not send a positive message about following the rules, and doesn't support our goals. Please help enforce our snack policy.*

### Improvement

Each camper at Avoda is an *Individual*. We will help foster social *interactions, building self-confidence, character, friendships and mentors*. "I" stands for **Improvement**, personal improvement - and we want your son to develop not only his spirit and mind but also his body.

Campers at Camp Avoda are physically busy by the nature of our program and we see no signs of slowing down. We know our campers like to run, bike, swim, climb, volley, kick, paddle, swing, throw, hustle, and score. We remain dedicated to teaching your son how to move his body, compete, and sweat. We look to build on existing activities and add some new challenges and fitness components.



## Technology

**Camp Avoda will remain electronics-free moving forward.**

Please help us keep Camp Avoda a place where **kids can *get away from the screen time***: cell phones, iPods (which do more than play music), TV's, laptops, kindles, and more. Let's give our kids a *break* and promote social interaction, back to basics, and a natural experience. This will also alleviate lost, misplaced or damaged commodities that may occur.

If your son needs music to go to sleep, you need to provide a radio or MP3 player that is *music-only*.

**If your son is found with a cell phone, he will be asked to leave camp for three days.**

This is non-negotiable. If he lives out of state, we will ask a friend or relative to pick him up for his suspension. Typically we find the senior campers brazenly (parents included) bring cell phones to camp. This will not be allowed. As we always say, "Who do you want to text or call? You are at camp with your best friends and *not* with your parents."

*All other electronics will be confiscated and Camp Avoda will not be held liable for the property.*

For reading, we suggest books, magazines, and comic books.

*We look forward to making Camp Avoda campers FIT with your help.*

*Thank you!*