

Sabra Family Quick Reference Guide



The full version of our parent handbook (with the packing list) is available online through your CampInTouch account. This is a quick reference guide that we hope covers the most frequently asked summer questions.

Camp Contacts

Camp Office

Terri Grossman, Director	314.442.3290*	terri@campsabra.com
Kim Sloan, Assistant Director	314.680.2906	kim@campsabra.com
Ben Panet, Assistant Director	314.435.4002	ben@campsabra.com
Di Buchanan, Transportation Mgr	573.216.3125	di@campsabra.com
Health Center	314.442.3289*	

Camp Dates

First Session	June 10 – July 5
Mini Camp 1A	June 10 – June 21
Mini Camp 1B	June 24 – July 5
Sabra Sampler	June 24 – June 29
Second Session	July 9 – August 3
Mini Camp 2A	July 9 – July 20
Mini Camp 2B	July 22 – August 3
Sabra Sampler	July 22 – July 27

*please note that caller ID may read 314.432.5700

2 Millstone Campus Dr.
St Louis, MO 63146



Camper Forms

All forms are available on your CampInTouch account. They must be completed by May 15 (including your camper's medical form and copy of your insurance card which must be uploaded back into CampinTouch).

Camper Medications

To ensure the best possible quality of care in our health center, we **REQUIRE** all campers who take prescriptions, supplements, vitamins and/or over-the-counter medications to enroll in a pharmacy service provided CampScripts – you can sign up via their website at campscripsts.com.

When you register online on their website, they will package your camper's meds and deliver them directly to camp prior to your child's arrival. Go to their website at campscripsts.com to create your account, complete your camper's medication profile including the session s/he is attending, upload copies of your health insurance documents, and provide a credit card for payment of any fees. They will also provide you with a letter that you must take or send to your doctor.

This service will cost you \$19.95/family. All medication 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.

Any medications brought on drop-off day will incur a \$100 late fee charged to your CampMinder account.

Camper Photos

You can see photos of your camper(s) in two places:

- Facebook – This is a “parent only” page. You can become a friend by searching for “campsabra1970@gmail.com,” this will take you to a Terri Grossman page with a Sabra logo as the photo. Staff will accept your request and you can see all the summer photos. If you are already a friend, you do not need to request again.
- CampInTouch – You can view the same photos through your CampInTouch account. Here, you are free to offer a guest account to relatives, nannies, and friends. They will be able to see the camper photos here as well. We make every effort to have a great variety of photos, but please don't worry if you don't see your camper for a few days.

Communication with your camper(s)

Email to campers

Log into your CampInTouch account. Click “email your camper.” Write your note.

If you want an electronic reply, you will have to purchase CampStamps, these cost \$1 (or less) per reply. After you write your note check “I would like a handwritten eLetter reply to this email.” Click send.

You can also sign up your friends and family with a guest account. Log into your CampInTouch account. Click “guest accounts.” Click “invite friends and family” and you can invite them to sign up! They will be able to view photos and purchase their own camp stamps.

Mail to campers

Camp Sabra
30750 Camp Sabra Road
Rocky Mount, MO 65072

Health Center

We have nurses and doctors on premises while camp is in session. While many diagnoses will be made at camp, we will utilize the local Urgent Care and/or Emergency Room when we cannot provide the service required.

You will receive a call from our Health Center Staff:

1. Prior to sending any camper out of camp for treatment
2. Any time a condition, such as asthma, does not respond to treatment as outlined per the instructions from the camper's physician or requires a cessation of activity for more than one day
3. When a new medication is prescribed
4. Any overnight stay in the Health Center

Policy Notes (please see the full parent handbook for more policy notes)

- **Visitors** – We do not allow visitors.
- **We are screen free.** If you send electronics for playing music, they must be screen free. The possession and use of cell phones by campers is prohibited at camp. We are not responsible for lost, broken or confiscated equipment.
- **We do not accept any packages.**
- **We are a peanut, tree nut and sesame seed free campus.** Do not send snacks for the bus ride to camp that contain these items. All food will be disposed of before campers board the bus to camp. We don't allow food in the cabins.
- **Hammocks** – We do not allow campers to bring hammocks.

Spending Money

- **Big Surf** – if your camper(s) will be at camp during the final week of camp (7/1 – 7/5 or 7/29 – 8/3) s/he will go to a waterpark with camp. We provide food and a meal ticket. **This year, the gift shop will be off limits.** If they would like to buy additional food at the snack bar, you can send them with \$10.
- **Masada** - Please see the **Masada Packing List for spending money suggestions.**
- Camp Sabra will not be responsible for any money that is lost or stolen. **Staff will ask your camper on their first day for any cash, and this will be kept locked in the office until the time that it is needed.**

Transportation

For all questions, please contact Di Buchanan at 573.216.3125 or di@campsabra.com.

Trips from Camp

Almagor and Ayelet (Four week 6th & 7th) – River trip on Ozark Scenic Riverways for 3 days
Younger Habonim (8th) – Musical Revue in Lake Ozarks. River trip on Current River for 4 days.
Older Habonim (9th) – Baseball game in Springfield, MO. River trip in Arkansas for 5 days
Masada (10th) – Columbia, MO for a day. Colorado camping for two weeks.
All campers (final week of session) – Big Surf Waterpark

Don't forget!!

- Bug spray that is effective with both mosquitos and ticks
- Sunscreen and a hat
- Walking shoes that are NOT flip flops
- Extra flashlight batteries
- A supply of sanitary wipes (i.e. wet ones)