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Sabra Family Quick Reference Guide



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

Camp Contacts

Staff

Camp Office	573.365.1591	
Terri Grossman, Director	314.442.3180	terri@campsabra.com
Kim Sloan, Assistant Director	314.442.3151	kim@campsabra.com
Ben Panet, Assistant Director	314.442.3270	ben@campsabra.com
Di Buchanan, Transportation Mgr	573.216.3125	di@campsabra.com

Camp Dates

First Session	June 11 – July 6
One Week Experience	June 25 – June 30
Mini Camp 1A	June 11 – June 23
Mini Camp 1B	June 25 – July 6
Second Session	July 10 – August 4
Mini Camp 2A	July 10 – July 21
Mini Camp 2B	July 23 – August 4

Camper Forms

All forms are available through your CampInTouch account. This includes your camper's medical forms and copy of your insurance card (which must be uploaded 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 by Lakeland Pharmacy through the website **CampersPharmacy.com**.

Go to **CampersPharmacy.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. There is also a letter on the next page that you must take or send to your doctor.

All medication orders must be received 30 days prior to start of the session. There will be a \$100 charge for any medications sent to camp with a child without prior authorization. Exceptions must be approved by the Director.

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 day or two.

Communication with your camper(s)

Email

Log into your CampInTouch account. Click "email your camper." Write your note.

If you want an electronic reply, you will have to purchase camp stamps, which cost approximately \$1 per reply. After you write your note (see above), click "I would like a reply from my camper." Hit send.

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

Mail to campers

Your Camper's Name
Camp Sabra
30750 Camp Sabra Road
Rocky Mount, MO 65072

We do not accept packages.

Health Center

Nurses and doctors are on site while camp is in session. While many diagnoses will be made at camp, we utilize the local Urgent Care and/or Emergency Room if 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. When a condition, such as asthma, does not respond to treatment as outlined per 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. If an overnight stay in the Health Center is necessary
5. At the discretion of the Medical Staff and the Director. Examples might include sprained ankle, lingering stomach issues, or an abrasion among many other reasons

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

- **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 will confiscate any phones or cellular devices and are not responsible for lost, broken or confiscated equipment.**

If your child is traveling as an unaccompanied minor, we know that you may want him or her to have a phone. Phones must be turned in to staff upon arrival.

- **We do not accept packages. Please tell your family members in order to avoid disappointment**
- **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 thrown away when the campers get to camp. We do not allow food in the cabins.

Spending Money

- **Big Surf – if your camper(s) will be at camp on 7/4 or 8/2 they will go to a water park. We suggest \$10 if you would like to send extra money (we do provide a meal ticket per child). Remember, they will most likely use the money for food or items from a waterpark gift store.**
- **Older Hab and Younger Hab will each take a field trip out of camp. You are welcome to send extra money if your camper wants to buy food or gift shop items (\$10).**
- **Almagor and Ayelet will also take river trips, but there will be no opportunity for them to spend money on these trips.**
- **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 the 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 (6th & 7th) – River trip on Ozark Scenic Riverways for 3 days (not 1A or 2A). Younger Habonim (8th) – Attend a Variety Show in Osage Beach. River trip on Current River for four days.
Older Habonim (9th) – Baseball game in Springfield, MO. River trip in Arkansas for five 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