

GETTING TO KNOW CAMP GEORGE!



URJ
CAMP
GEORGE



Our handbook for
new families!

WELCOME

Welcome, and thank you for choosing Camp George! We are thrilled to have your child join our community, and we want you to know that we're here to support you every step of the way. This handbook is designed to give you all the information you need to feel confident and prepared for the camp experience, from how to get to camp, what to expect in each unit, daily schedules, and meals, to activities, our medical team, and Jewish life at camp. We've also included guidance on preparing for homesickness, communication with campers, and packing lists, so you can relax knowing that we've thought of everything!

At Camp George, we consider every new family a part of our extended family, and our goal is for your child to grow in resilience, independence, and confidence. While camp presents new experiences and challenges — from living in a group setting to navigating new emotions — we are here to help them discover their strengths, learn to manage difficult situations, and build lasting memories. The camp environment is designed to foster personal growth through unstructured play, reflection, and the freedom to explore, all with the support of our caring staff. We're excited to be part of this journey with you and your child!

All the best for the summer ahead,

Jeff Rose
Camp Director



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MEET THE FULL-TIME TEAM



JEFF ROSE - DIRECTOR

E: jrose@urj.org

P: 416.638.2635 x1

Reach out to Jeff for:

- General Camp Questions
- Facilities Questions
- Scholarship Program
- Camp emergency contact



LAUREN GRUNDLAND - ASSOCIATE DIRECTOR

E: lgrundland@urj.org

P: 416.638.2635 x2

Reach out to Lauren for:

- Day to Day camp operations
- Staff questions and camper needs
- Contact with unit heads



JOSH TOLKIN - ASSISTANT DIRECTOR

E: jtolkin@urj.org

P: 647-905-8933

Reach out to Josh for:

- Specialty or programming questions



MARLY BROMSTEIN - ASSISTANT DIRECTOR, COMMUNITY CARE & ENGAGEMENT

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P: 647-905-8939

Reach Marly for:

- Community Care needs
- Dietary needs
- Communications/Technical help



JENNY CARGILL - BUSINESS MANAGER

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P: 416-638-2635 x4

Reach Jenny for:

- Any financial questions

GETTING TO CAMP

For campers traveling by bus, departure details will be sent out before camp begins, and you can find specific drop-off times for each unit in your Camp In Touch account. Staff will be on every bus to ensure a positive experience, so be sure to introduce yourself and help connect your child with a fellow camper. Luggage drop-off will be sent out prior to camp, it is a few days before departure. Please label your child's luggage with the provided tags. Remember, no food is allowed on the bus (water is fine), and we are a nut-free camp. Be sure to check your child for lice before camp, as they will be checked upon arrival.



FIRST 24 HOURS

- Buses arrive at camp and are immediately greeted by staff.
- Campers are directed to their unit area and meet their cabin group outside for introductions and discussion about sleeping arrangements.
- Staff move luggage to the cabins and help campers settle in.
- Campers move into their cabins, receive their bed and shelf assignments.
- Dinner followed by Opening Ceremony, Unit Program, and Cabin Program.
- Bedtime snack provided.
- Medications should not be packed in camper bags — more info will be emailed on medication ordering and packaging.
- All staff stay in cabins on the first night to assist with camper adjustment.
- Swim evaluation on Day 2: campers will test swimming ability with clothes on and a PFD; can try again if needed.
- We keep campers busy to help reduce homesickness.
- Every new family will receive an opening night phone call to update you on how your child is adjusting.



UNITS

At Camp George, campers are grouped into units based on their age, where they form close friendships and participate in age-appropriate activities. Each unit has about six cabins and lives together in the same cabin village, creating a tight-knit community. **Here's a quick overview of each unit**

NITZOTZOT

Grades 2 and 3

Meaning: Sparks

- Youngest campers with a lot of staff support and higher camper to staff ratio
- Activities tailored to their developmental needs
- Extra support for daily camp routines, hygiene, and wellbeing
- Adventure activities including point adventure and outdoor cooking
- Shorter sessions can be extended if desired

LEHAVOT

Grades 4 and 5

Meaning: Flames

- Lehavot offers a balanced experience of structure and independence
- Campers in this unit continue to be supported by our specially trained staff
- Adventure activities include an overnight on our private Island
- Shorter sessions available for extension.

KOCHAVIM

Grades 6 and 7

Meaning: Stars

- Campers are ready for more independence and a broader range of activities
- Take part in the Chugim program (personalized choice options multiple times per week)
- Adventure activities include bike trips and overnight camping
- Kochavim campers in our first session or 17 days can extend.

BARAK

Grades 8 and 9

Meaning: Lightning

- Our oldest campers are ready for more significant challenges and leadership roles
- Barak campers are expected to model positive behavior and contribute to the spirit and leadership of the camp community
- Have choice periods with chugim everyday and can even sign up for multi-day canoe trips in Alogonquin
- Barak campers in first session or 6 weeks can extend

CIT

Grade 10

Counselors in Training

- The CIT program is a leadership training opportunity for senior campers, designed to develop the next generation of camp leaders
- CITs gain hands-on experience by working with younger campers and in specialty areas
- CITs play an active role in camp events like Maccabiah, evening programs, and the camper banquet
- Acceptance is through a separate application process, and space is limited.



LAUREN GRUNDLAND - ASSOCIATE DIRECTOR

Lauren oversees all of our Unit Heads and plays a key role in training and supporting them to ensure the best experience for every camper. If you have any questions or concerns about your child's experience, Lauren is always available to assist.

DAILY SCHEDULE



7:30 AM

Wake Up

8:00 AM

Breakfast

8:40 AM

Nikayon (Cabin Clean Up)

9:30 AM

First Period

10:45 AM

Second Period

12:00 PM

Third Period

1:00 PM

Lunch

2:00 PM

Menucha (Rest Hour)

3:00 PM

Fourth Period

4:10 PM

Snack

4:30 PM

Fifth Period

5:45 PM

Chofesh (Free Time)

6:30 PM

Dinner

7:15 PM

T'fillot

7:45 PM

Evening Program

8:45PM

Snack/Cabins In

9:45 PM

Lights Out



Campers are expected to make their way to their cabins and get ready for bed directly after evening program and snack. The older campers may have supervised "hang out" time to socialize with each other after evening program, but this must be done in an area which is far enough away so as not to disturb the younger campers who have gone to bed. Approximate times to be getting ready for bed are as follows:

Nitzotzot - 8:45 pm

Lehavot - 9:00 pm

Kochavim - 9:30 pm

Barak - 10:00 pm

CIT - 11:00 pm (approximately)



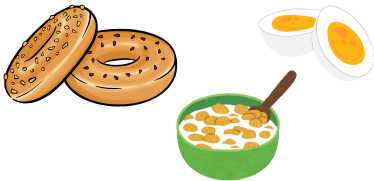
FOOD AT CAMP

We serve delicious and nutritious meals. All food is ingredient kosher and nut-free and seed sensitive. We are able to accommodate a variety of food needs including allergies and sensitivities. Vegetarian, gluten free, and dairy free meals are always available.



EXAMPLE MEALS:

BREAKFAST



- Bagels and cream cheese
- Yogurt Bar
- Cereal Options
- Oatmeal
- French toast
- Muffins
- Milk Options, Orange Juice, Hot Chocolate
- Pancakes
- Egg sandwiches
- Scrambled eggs
- Hard Boiled Eggs
- Hash browns
- Waffles
- Fresh fruit

LUNCH



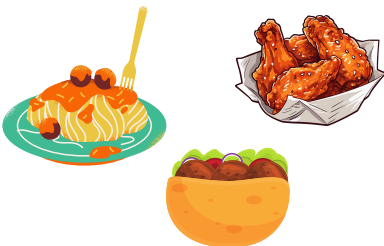
- Burgers and Hot Dogs
- Chicken fingers
- Macaroni & cheese
- Grilled cheese
- Soup
- Pizza
- Subs
- Falafel & Israeli salads
- Pasta
- Chicken caesar wraps
- Bean Burritos
- Quesadilla
- Salad Bar

SNACKS



- Fresh Fruit
- Ice Cream
- Cookies
- Banana Bread
- Chips
- Pretzels
- Granola Bars

DINNER



- Salad Bar
- Pasta
- Chicken
- Stir Fry
- Chicken wings
- Sheppards Pie
- Ginger Beef
- Fried Chicken
- Lasagna
- Chicken Fingers

ACTIVITIES



WATERFRONT

- Swim
- Sail
- Paddlesports
- Ski



ARTS

- Dance and Fitness
- Arts and Crafts
- Pottery
- Multimedia
- Drama
- Yoga
- Cooking



ADVENTURE

- Ropes
- Canoe Tripping
- Hiking and Overnights
- Campcraft
- Nature



SPORTS

- Mountain Biking
- Tennis
- Basketball
- Archery
- Landsports
- Road Hockey



SPECIAL CAMP-WIDE ACTIVITIES

- Maccabiah
- CG Games
- Yom Yisrael
- Camp Dance
- Concerts
- Special Guests

MEDICAL TEAM



Our Health Centre is staffed by a physician and two nurses, who are always available to care for campers. We have a daily pill call four times a day—before each meal and at bedtime—to ensure medications are given as needed. Please note that no medications (except for EpiPens and asthma inhalers) are allowed in camper cabins. Our Health Centre is fully stocked with over-the-counter medications for common illnesses. For your child to attend camp, we must have a completed medical form submitted before opening day. This is required for your child to board the bus, so please be sure to submit it ahead of time!

OUR STAFF

We have a team of 140 program staff members who are carefully selected for their ability to nurture and care for children. Our youngest counselors are typically 17 to mid-20s, and each cabin has 2-4 counselors, along with specialists who bring unique skills to the program. Every cabin is staffed with at least one counselor who is 18 years old, and most have counselors who are 19 or older.

Our staff are always supported and supervised by experienced leaders. Each unit is led by a Unit Head who oversees the staff and campers in their group.



JOSH TOLKIN - ASSISTANT DIRECTOR

Josh helps oversee all our specialists, ensuring that every activity runs smoothly and meets the needs of your child. If you have any questions about the programming or activities, don't hesitate to reach out to him!



COMMUNICATION



We know staying in touch with your child is important, and we offer several ways to communicate during their time at camp. Here's how it works:

- **CampInTouch Emails:** You can send emails to your child through our CampInTouch platform (accessible via your online account). Your child can reply using CampStamps, which are digital credits included in their camp package. Don't worry—we'll send you instructions on how to access CampInTouch before camp begins!
- **Snail Mail:** We encourage traditional letters! You can send mail to your child at camp using the address provided in your welcome packet. Be sure to label envelopes with your child's full name and cabin number. Your child can also drop letters in our camp mailbox to send notes back home.
- **Phone Calls:** If you'd like to speak with someone at camp, feel free to call us anytime. A Unit Head will return your call within 24 hours to address your questions or concerns.
- **Updates & Photos:** For daily updates, check our website and social media channels. You'll also receive photos of your child through Companion, our photo-sharing platform. We'll send you login details before camp starts so you don't miss a moment!

If your child mentions missing something from home, let us know, and we'll make sure they get it. And of course, if you have any concerns, we're always here to help!

SHABBAT AND JEWISH LIFE



As a Reform Jewish camp, Camp George offers campers a fun and meaningful way to connect with Jewish traditions and values. We aim to make Jewish learning and living exciting, relevant, and part of everyday life. Throughout the day, campers experience Jewish values like friendship, self-respect, responsibility, and community through their activities.

Jewish learning happens in many informal ways, including educational activity periods three times a week, daily prayers, songs, and special moments like Shabbat, which celebrate Jewish time and traditions.

Jewish Education

- Hands-on Tikkun Olam Projects
- Informal Jewish Education
- Shabbat Programming
- Daily Tfillah
- Songsession
- Israeli Dance



COMMUNITY CARE

As a first-time camp family, it's important to understand how our Community Care team can support your camper. We offer a specialized team of professionals, including counselors, social workers, and special education experts, who are here to help your child adjust and thrive at camp. Whether they need someone to talk to, a comforting hug, or some quiet alone time, our team of professionals is available to help.

Here's how it works: If you have any concerns—whether related to mental health, adjustment issues, or other special needs—please reach out to us ahead of time. We encourage you to take advantage of our informational meeting to discuss any specific needs your child may have. If at any point during camp your child needs extra support, our Community Care team is there to help them navigate challenges.



MARLY BROMSTEIN - ASSISTANT DIRECTOR, COMMUNITY CARE



Marly oversees the Community Care team and is your go-to contact for any conversations about your child's mental, emotional, or social needs. If you have any concerns or need support, reach out to Marly, and we'll work together to ensure your child gets the care they need at camp.

PREPAREDNESS & HOMESICKNESS

Sending your child to camp is exciting, but it can bring mixed emotions. It's completely normal for kids to feel both excited and a little homesick, especially in the first year. Remember, your child can miss home and still be having fun—that's a normal part of the camp experience.

Preparing for Camp:

- **Practice Everyday Skills:** Before camp, help your child with things like showering, making their bed, and organizing clothes. This will boost their confidence.
- **Talk About Feelings:** Have open conversations about any worries they might have—missing home, making friends, or new experiences. Let them know it's normal to feel a little homesick and that they'll be supported by their camp family.
- **Build Resilience:** Instead of promising they can call home or leave early, reassure them that camp is a great place to grow, try new things, and learn how to work as part of a team. Our counselors are always there to help!
- **Encouraging Letters:** Write a letter before camp starts, telling your child how proud you are. Keep it positive—if there's something serious at home, we'll reach out to you directly.

A Final Thought:

Homesickness is part of the camp experience, but it usually gets better as your child settles in. If your child ever feels anxious or needs extra support, our team is trained to help. We can't wait to welcome your child and see them grow in our camp community!

MANAGING WORRIES

THE DO'S

- Share your own experiences of managing worries.
- Validate your child's concerns—let them know it's normal to feel worried.
- Teach general problem-solving skills to help them handle change.
- Connect with a safe person at camp, like the director or camp leader.
- Understand the camp's policies on homesickness and communication before making promises.
- Show photos of camp and talk about activities they'll enjoy.

THE DONT'S

- Don't promise they can call home.
- Don't promise to pick them up early if they're not having fun.
- Don't project your own anxiety or cry at drop-off.
- Don't send letters highlighting what they're missing out on.
- Don't set unrealistic expectations that camp will be amazing all the time.
- Don't expect camp to accommodate all personal preferences (e.g., food or shower times).
- Don't expect every letter to be cheerful—homesick moments usually pass quickly.

PACKING LIST

We recommend simple and practical clothes. Children tend to lose or misplace their possessions, especially in an open communal environment such as camp, where so much is shared. Parents are asked to ensure that campers do not bring too many items with them to camp, particularly expensive articles of clothing or equipment. Camp has an overnight laundry service which picks up and delivers camper laundry on a weekly basis, so it is unnecessary to send more than a 9-day supply. Please do not send more than the numbers listed (which are based on a 3 ½ week stay at camp). Campers staying for one of our shorter sessions should alter the numbers below accordingly.

Here is what we recommend:

CLOTHING



- ___ 8 – 10 t-shirts
- ___ 3 long sleeve shirts
- ___ 3 sweatshirts
- ___ 5 prs. shorts
- ___ 2 prs. sweatpants
- ___ 2 prs. jeans
- ___ 4–5 bathing suits
- ___ 1 raincoat
- ___ 1 lightweight jacket / windbreaker
- ___ 1 midweight/fleece jacket
- ___ 3 hats
- ___ 10 prs. underwear
- ___ 10 prs. socks
- ___ 2 prs. pajamas
- ___ 2 prs. running shoes
- ___ 1 pr. rain boots
- ___ 1 pr. sandals with back strap
- ___ 1 pr. slippers or flip flops
- ___ 1 bathrobe
- ___ 2 sets of Shabbat clothes (casual but clean!)

TOILETRIES

- ___ 2 toothbrushes
- ___ 1 large tube toothpaste
- ___ 1 soap dish
- ___ 2 bars soap/body wash
- ___ Comb or hairbrush
- ___ 1 large bottle shampoo/conditioner
- ___ Kleenex
- ___ SUNSCREEN (send lots!)
- ___ insect repellent
- ___ plastic bucket (to carry toiletries)
- ___ sanitary Napkins / tampons
- ___ deodorant

BEDDING

- ___ 2 sets sheets (single or cot size)
- ___ 2 blankets (washable)
- ___ 1 pillow
- ___ 2 pillow cases
- ___ 1 sleeping bag (not needed for Nitzotzot, can be used in place of a blanket)
- ___ 2 bath towels
- ___ 2 wash cloths
- ___ 4 beach towels



GENERAL EQUIPMENT



ESSENTIAL

- ___ flashlight with batteries
- ___ writing pad, envelopes, & stamps
- ___ backpack
- ___ pens / pencils
- ___ 2 labeled water bottles
- ___ batteries

OPTIONAL

- ___ tallit, kipah
- ___ tennis racquet/hockey stick
- ___ baseball glove
- ___ hiking boots/shoes
- ___ swim goggles
- ___ sunglasses
- ___ disposable camera
- ___ musical instruments
- ___ games (non-electronic)
- ___ books, magazines
- ___ costumes
- ___ mountain bike helmet
- ___ plain 100% cotton t-shirt for tie dye

NOT ALLOWED

- ___ candles, incense
- ___ hair straighteners
- ___ candy / food / single use water bottles
- ___ knives of any kind
- ___ cell phones
- ___ electrical equipment
- ___ DS, Playstations, tablets, etc.
- ___ computers
- ___ kettles, hot plates, etc.
- ___ folding chairs/water guns
- ___ Walkie-Talkies

INSIDER PACKING (OPTIONAL)

- ___ Drawing paper, pens, magazines, Madlibs
- ___ Extra white pillowcase/shirt for tie dye
- ___ Small/lightweight backpack
- ___ Extra swimsuits
- ___ Second pair of running shoes
- ___ Pre-printed mailing labels
- ___ 1 extra blanket
- ___ 1 Clock
- ___ 1 Deck of Cards
- ___ Favourite books
- ___ Musical instruments
- ___ Extra water bottle
- ___ Extra hats
- ___ Shower caddy
- ___ Extra pair of glasses



**Please note that we do not carry personal toiletry items, stamps, or camp clothing/accessories in the tuck shop. Camp will ensure that campers receive small toiletry items should a camper require them.

It is essential to label every article of clothing, bedding, footwear and equipment especially for items that you hope to come home. Care should be taken that labels are wash-proof and securely attached. We would prefer that you send two large duffel bags.

CAMP VOCAB

HEBREW IN CAMP

At camp, we try to infuse Jewish culture and values into everything we do. The following is a list of common Hebrew words that we try to weave into our everyday vocabulary...

Role (or job)	<i>Tafkid(im)</i>
Counselor	Madrich/a
Head Staff	Hanhallah
Unit Head	Rosh Edah
Unit	Edah (plural: Edot)

Places	Mekomot
Dining Hall	Chadar Ochel
Infirmary	Mirpa'ah
Laundry	K'veesah
Porch	Mirpeset
Rec Hall	Ulam
Office	Misrad
Main Office	Misrad Roshi
Program Office	Misrad Tochniyot
Outdoor Chapel	Beit Tefillah
Staff Lounge	Moadon Tzevet
Learning Centre	Mirkaz Limud (the "ML")
(Sports) Field	Migrash
Library	Sifriyah
Tent	Ohel
"Flagpole Area"	Mifkad
Organic Garden	Gan

Activity	<i>Tochnit</i>
Evening Program (EP)	Tochnit Erev
Nature	Teva
Laundry Day	Yom K'veesah
Swimming	Schiyah
Hobbies (Electives)	Chugim (singular: Chug)
Campfire	Medurah
Israel Day	Yom Yisrael
Prayer(s)	Tefillah (Tefillot)
Prayer Book(s)	Siddur(im)

Routine	Shigrah
Wake-up	Kimah
Good Morning	Boker Tov
Breakfast	Aruchat Boker
Cleanup	Nikiyon
Area Cleanup	Nikiyon haShetach
Lunch	Aruchat Tzohorayim
Mail	Do'ar
Mail Day	Yom Do'ar
Letter	Michtav
Prayer	Tefillah
Rest ("Rest Period")	Menucha
Supper	Aruchat Erev
Announcement	Hoda'ah (pl. Hoda'ot)
Good Evening	Erev Tov
Goodnight	Layla Tov
Free Time	Chofesh
Blessing After Meal	Birkat Hamazon

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