
Countdown to Ramah Day Camp 2026: How will my child stay healthy at camp?



Shalom Ramah Day Camp Families,

Your child's health and safety is our #1 priority! Learn more about the ways we work to keep everyone healthy as well as the steps you can take now to ensure a successful and healthy summer at camp.



Complete Your Health Forms Today!

Please complete the following health forms and upload documents to your [CampMinder account](#) or the [Campanion App](#) by March 31. **Remember, forms that are not submitted by March 31 will incur a \$100 fee per family.**

- **Physical** - This form should be filled out by your child's physician and then uploaded to CampMinder. You may download and print a blank form in CampMinder or use your state's standard health form. The physical examination should be performed within 18 months prior to the last day the camper will be in camp (i.e. if your child is in camp through 8/6/26, the physical exam can be performed after 2/6/25).
- **Immunizations** - Upload your child's immunization record.
- **Health Insurance Card** - Upload both the FRONT and BACK of your insurance card.
- **Health History** - Filled out by the parent/guardian online.

Campers will not be allowed to arrive at camp if their health forms are not on file.



Medication

If your camper needs any medication administered at camp, be sure to list it in the health history form. The camp nurse will email you prior to the summer to confirm.



You may bring medication to Camper Orientation on June 14 or send your child with the medication on the first day of camp. All medications should be in their original containers, with clear directions for dosage and timing; medications must be properly marked on the health history form and match the medications brought to camp.



Further details about all of our medical policies are available in our [Parent Handbook](#). If you have specific medical questions, please be in touch with Interim Director Dina Greenberg at dgreenberg@ramahday.com.

[Our team](#) remains available and accessible to you. If you have any questions, concerns or topics you would like to discuss – we encourage you

to [schedule a one-on-one conversation with a staff member here](#). Thank you for your continued partnership!

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Additional Reminders and Save the Dates

<p>Camper-Parent Orientation at Ramah Day Camp</p> <p>Sunday, June 14 10:00-12:00 pm All Campers and Families</p>	<p>Family Fun Day at Ramah Day Camp</p> <p>Sunday, July 19 12:00-3:00 pm Open to campers, families, grandparents, friends and more!</p>
<p>ALL FORMS DUE MARCH 31!</p> <p>Log in to your CampMinder account or download the Campanion App to complete forms.</p>	<p>Download the Campanion App</p> <p>Use your regular CampMinder credentials to log in. You'll be able to complete all your forms right in the app!</p>

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Previous Countdown to Camp Emails

- [How do I get ready for camp?](#)

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Need New Ramah Gear? Check out the Camp Store!



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