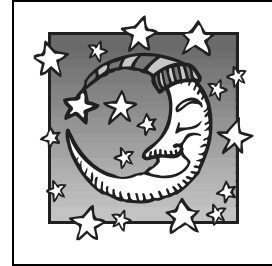


Welcome to JCC Camp Rishon!

# Overnights



## 2010 Overnight Schedule

- Thursday, July 8<sup>th</sup> Carnival Night at the JCC
- Thursday, July 22<sup>nd</sup> at the MOST  
Museum of Science and Technology
- Thursday, August 5<sup>th</sup> at Highland Forest  
Cabins have electricity and running water
- Thursday, August 19<sup>th</sup> at the JCC with a DJ Dance Party

### Overnight Supplies

- Sleeping bag and pillow
- Toothbrush and toothpaste
- Pajamas
- Sweat Pants & Sweatshirt
- A change of clothes
- Any necessary medication  
(with a note from the doctor)

#### Additional items for Highland Forest:

- Flashlight
- Non-Deet bug spray
- Rain gear

### Food

Dinner on Thursday and Breakfast on Friday will be provided to those participating in overnights. There will be an all-camp cookout for lunch on Friday. All foods are Kosher and the tentative menus include:

#### Dinners at JCC:

Pasta, salad, garlic bread and a vegetable.

#### Dinner at Highland Forest:

Chicken nuggets, vegetable, applesauce.

#### Breakfast:

Cereal, bagels, and orange juice.

### Other Information

In order to participate in an overnight, campers must be enrolled in a camp the same week of the desired overnight. Permission slips must be submitted. Additional fees will apply.

If you have any questions, please call Lori Innella-Venne at 445-2360 ext. 109.



**RISHON**

Number One in Summer Fun!