



Welcome to the 2018 Jewish Outdoor Escape: Appalachian Sensation

At Emma Kaufmann Camp in Morgantown, WV

SECOND INFORMATIONAL EMAIL

Hello /*Merge: FirstName*/,

This is our second email to registered attendees of this event. You can find copies of all participant emails on the [Attendee Info Page](http://2018event.mosaicoutdoor.org/AttendeeInfo.aspx) on our event website (<http://2018event.mosaicoutdoor.org/AttendeeInfo.aspx>) once they are sent out.

Here, you will find the list of everything you will need to bring to this event (and some things you need not bring). If you've attended events before, this won't seem like news, but there are a few items on the list specific to this event and its activities towards the end of the email.

The list below is broken into sections:

- Weather,
- What to bring for everyone,
- Optional items that you may not need, but that might make your trip more enjoyable,
- Special items required for specific activities (read these sections if you are on any of those activities), and,
- Things to leave at home because they are not allowed at camp or the event.

WEATHER

On September 1, the temperature in Morgantown typically range from 62°F (17°C) to 79°F (26°C) and is rarely below 53°F (11°C) or above 88°F (31°C). Click [HERE](#) to see more details. Check the weather during the week before the event and be sure to pack appropriately.

As always, we do suggest you plan to dress in layers and bring rain gear just in case. We typically will not cancel an activity because it is raining unless there is a safety issue (such as lightning).

WHAT TO BRING

- Passport if coming from Canada.
- **WATER BOTTLES/HYDRATION SYSTEM.** Hikers are required to bring at least two liters (three for all-day advanced hikes) of water. Most hikes will not have places to fill up during the day, so it's important to bring enough with you. Anyone who does not have enough water will not be permitted on most hikes, at the leader's discretion.

- TOWELS (bring more than one in case they do not dry fast enough). For those who purchased towel packages, they include one bath towel, one hand towel, and two washcloths.
- SLEEPING BAG OR LINENS/BLANKET - The beds in most cabins/rooms are common cot sized. Twin sheets should work.
- You must bring your own blankets, sheets, pillows or towels unless you already have rented a bedding package from the camp, through Mosaic.
- Pillow
- T-shirts. Non-cotton shirts if you have them.
- Long-sleeve shirt(s)
- Sweatshirt/Fleece/Insulating Jacket (synthetic material preferred). Two if you're prone to feeling cold.
- Shorts
- Long pants (non-cotton hiking pants preferred).
- Underwear/socks
- Sleeping clothes (Be nice to your roommates, bring them even if you do not normally wear them). We recommend warm sleeping clothes, such as extra sweatshirt/sweatpants, as the cabins can get chilly at night.
- Sneakers
- Hiking boots or hiking shoes (REQUIRED for moderate and strenuous hikes, non-hiking sneakers typically do not have adequate tread)
- Water shoes if you plan to participate in any water activities
- Rain gear (Top and Bottoms. Umbrellas do not work well for hiking).
- Swimsuit
- Hiking Hat or Sun Hat
- Winter hat (if you get cold easily)
- Toiletries
- Any needed medications. Please notify us in advance if any special storage is required, such as refrigeration.
- Any needed food/snacks for special conditions or allergies. All food in the cabins must have a hechsher (sign of kashrut). No outside food may be brought into the dining hall.
- Daypack or fanny pack
- Flashlight/headlamp & extra batteries (the camp is dark at night)
- Sunglasses
- Sunblock
- Bug spray or lotion
- Medical Insurance card
- ID
- Pocket Money/Credit Cards

OPTIONAL

- If you plan on tenting at camp, bring a tent, air mattress or sleeping pad, sleeping bag.
- Camera/batteries
- Cell phone charger
- Power strip (outlets in the cabins are limited)
- Musical instruments. Note: two of our resident guitar players are not coming due to other commitments this year.

- Songbooks
- Camp chair, pad or blanket
- Compass/GPS
- Binoculars
- Earplugs
- Nature guides for flora and fauna ID
- T-shirts from previous events you attended and/or your local Mosaic club T-shirt -- show your local affiliation (but no rumbles with other chapters please)
- Clothes for Shabbat
- Alcohol is permitted in moderation. If you plan to bring alcohol, please bring cups also. Cups may not be taken from the dining hall due to kashrut requirements. Anyone found doing so will be held responsible for the costs of kashering or replacement (at the camp's option).

SPECIAL ITEMS FOR BIKE TRIPS

Recommended for ALL participants:

- Bike shorts
- Riding gloves
- Bike Helmet (Wearing a bike helmet is mandatory on all Mosaic bike rides. If you are renting a bike, the helmet will be provided, but you may prefer to bring your own)
- Bike Lock - there will be times you will need this on your bike trips and rentals do not come with them.
- A water bottle that you can carry on the bike (vendor does not provide bottle but do provide bottle holders)
- Backpack if carrying lunch

REQUIRED if bringing your own bike (Mountain or Hybrid bikes are preferred):

- A method of transporting your bike to/from the bike ride (you will be driving your own car)
- Bike Helmet (MANDATORY)

SPECIAL ITEMS FOR PADDLING & RAFTING

- Rafting on Friday or Saturday? - Watch: https://youtu.be/4E_2aZ3Ulqk
- Do NOT bring ANYTHING on the river you cannot easily replace. The river is a powerful force of nature which can strip anything off you. Leave your primary prescription glasses (wear backups), keys, wallet, and jewelry at camp. Recommend using spare prescription glasses (leave your primary at camp) or Sunglasses with retainer strap (Chums or Croakies).
- **Paddlers wallet** (pocket sized): Wear a paddlers wallet or equivalent securely on your body. Attach it to yourself but avoid anything around your neck or hand. A small waterproof container that has a COPY of your:
 - Driver's License (for ID). Can be expired.
 - Medical Insurance Card.
 - Emergency Contact Info
 - List of medications

- Spare credit card (copy)
- \$20 to \$60 in cash (emergencies or small bills for the tip)
- Wear water shoes, sandals or old sneakers, or wetsuit boots – closed toed shoes are highly recommended, and they need to stay on your feet via a strap or ties securely. NO FLIP-FLOPS ALLOWED. An activity leader will ban you from the trip if you do not have proper footwear. Foot/Toe injuries are prevalent with improper gear on paddles.
- Do NOT wear any cotton. Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic shirt (such as Under Armor type, fleece, wool, etc.) for warmth and/or sun protection and swimsuit or shorts (nylon or other quick drying material). Again, NO cotton! Clingy clothes are better than loose fitting clothes because they are more comfortable when wet. You WILL get WET, even if you stay on the boat. That is part of rafting. If you do not want to get wet, DON'T raft.
- The vendor has wetsuits & paddling jackets to rent for the day. Bring cash for rentals. Pending weather conditions, you will most likely not need them.
- Sunscreen. A small bottle that you can keep on you. There will be no storage.
- Please be sure to check the weather and water temperatures before your day of rafting and dress appropriately.
- Waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only equipment you are willing to get lost during the ride. No expensive SLRs. Keep in mind that your hands need to be free to paddle.

FOR THOSE GOING TO LAUREL CAVERNS

Required items:

- Hiking boots that lace over the ankle bone. No low-rise shoes (The vendor is VERY SERIOUS about this requirement. If you do not have the right shoes you will not be allowed in the cave).
- Two sources of light: At least one light source should be a headlamp. Headlamps and flashlights for sale around \$10 -\$15
- Long shirt and pants or overalls

Recommended items:

- Gloves are not recommended but a good idea.
- Knee pads
- Mostly dry cave but shoes might get wet.
- Water bottles in a SMALL fanny pack. Backpack not allowed.
- Hypoglycemic people should bring food in your fanny pack or pockets. Must pack in pack out.
- A change of clothes and shower gear to be left in the car.

THINGS YOU SHOULD LEAVE AT HOME

- Outside food. Please be aware this camp does keep kosher. Therefore, there will be NO outside food allowed in the Dining Hall. Please keep all personal food items in your car if possible. All food in the cabins must have a hechsher (sign of kashrut). Please respect their wishes (no fried pork rinds, etc.).

- Pets
- Expensive jewelry and high heels
- Perfume/cologne
- Firearms/fireworks
- Illegal substances
- Bad attitudes

CHECK YOUR REGISTRATION BELOW. MAKE SURE IT IS CORRECT.

Remember, we have instituted a change fee for registration changes which went into effect on August 15th!

August 14th was VERY LAST DAY for you to make ANY changes to your registration on your own. You need to contact us at Event@MosaicOutdoor.org for anything about your registration. Any change requests after August 14th will incur an \$18 change fee per item changed unless authorized by the chair people. Cancellation policies will override the change fee policy if you cannot attend the event. For more information about the change fee, please see the REGISTRATION page of the event website at <http://2018event.mosaicoutdoor.org/Registration.aspx>

You probably have no idea how much chaos "little requests" such as changing hikes or adding your final transportation information causes. We also need to know how you are planning on getting to camp. This is to make sure everyone is accounted for and that we have a final count for the MOSAIC shuttle. If you are on a waiting list for a housing upgrade or an activity, don't worry, the change fee does not apply if you get a last-minute call that we've made additional room on your activity or housing preference has become available.

Getting Excited,
Brian Horowitz and Mindy Tumarkin
Co-Chairs of the /*Merge: EventTitle*/