



Acharya Sushil Gurve Namah

## Siddhachalam Arhum Youth Camp

### Required Form & Information

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Hello Parents/Guardians and Campers,

Camp is just around the corner! To participate in camp activities, each camper must submit the *Arhum Youth Camp Required Form* found on our website <https://www.siddhachalam.org/arhumyc/> either in-person at the campsite during drop-off or by mail prior to camp.

If you are submitting the forms by mail, please mail the form to the address below at least two weeks prior to camp:

Arhum Youth Camp Form c/o Siddhachalam  
111 Hope Rd  
Blairstown, NJ 07825

## Phone Policy Information:

We understand how some parents and campers will want to contact one another during camp. However we strongly advise parents and campers do not call each other. Calling home or parents calling to speak to their child interrupts camp programming, encourages homesickness



and harms the child's ability to integrate with at camp. Help your child develop independence and self-confidence at camp. We will certainly call you if there is something necessary to discuss regarding your child or if your child would benefit from speaking to you.

**EMERGENCY ONLY:** Please keep the following numbers on file. These numbers are to be used in case of an emergency **ONLY**. These numbers are NOT for social phone-calls or to check-in on your child. Instead these numbers are **only** for emergencies.

Siddhachalam Office	+1 (908) 362-9793
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## **Drop-Off / Pick-Up Information:**

We remind parents that the drop-off and pick-up time are set in order to account for safety, staffing, and scheduled programming.

*Note: If someone other than the primary guardian will be collecting your child, please list those people on the form below. Only people listed on the form will be allowed to pick up your child following photo ID confirmation.*

Address: Ahimsa Hall @ Siddhachalam  
111 Hope Rd, Blirstown, NJ 07825

Drop-off time: Friday, July 14, 2023 3 pm

Pick-up time: Sunday, July 16, 2023 3 pm

Drop-off time: Friday, August 4, 2023 3 pm

Pick-up time: Sunday, August 6, 2023 3 pm



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## Siddhachalam Arhum Youth Camp

### Frequently Asked Questions

**What is the meaning of word “Arhum” used for the name of the camp?**

The name of our youth camp is inspired by the Arhum Yoga camps Guruji held at Siddhachalam in the 80s and early 90s. “Arhum” means the soul in its perfected state. It is a manifestation of Arihant. Together with Aum and Hreem it is the centerpiece of rishi mandal mantra and stotram. Guruji used to train children in chanting the rishi mandal mantra. During our camp all children will learn the rishi mandal mantra and its chanting.

**What is the camp's staff-to-camper ratio?**

The staff-to-camper ratio is at minimum of 1 staff member to 10 campers.

**What are the sleeping arrangements at camp?**

Campers share and sleep in large cabins. Each cabin can easily accommodate 8 campers of the same gender with one two bathrooms. Counsellors and Camp Directors sleep in the same area within their cabins. For more details, visit: <http://www.siddhachalam.org/activities/stay/>

**How does Siddhachalam keep camper fees so low?**

Siddhachalam camps are much less expensive than the majority of summer camps held elsewhere. We are able to keep low camper fees because all administrators, camp directors and instructors are dedicated volunteers who cover their own expenses. By passing our savings on to campers, we make summer camp accessible to more youth while maintaining a high standard of quality.

**What will my child take away from this camp?**

Camp provides a nurturing, inclusive, and supportive environment. We hope campers will leave with a higher sense of confidence and conviction in their own beliefs. Further, Campers will gain a practical understanding of Jain philosophy and learn how to apply Jain principles such as ahimsa (non-violence), satya (truth) and anekantwad (the doctrine that truth depends on standpoint) into their daily life.

**What is the maximum number of campers at a camp?**

Currently, we accept a maximum of 25 campers. Our aim is to keep a small, community feel at camp.

**Is there a doctor on available?**

A doctor is not on site, but one will be on call 24/7 during the entire camp.

**How is the food?**

Awesome! Ever since early 1980s when Siddhachalam was founded, it has followed a practice of joyfully serving without charge simple, freshly-made food to all. Fresh food is made two-three times a day. Children will also participate and learn Jain principles followed in the kitchen.

# Siddhachalam Arhum Youth Camp

## What to bring to Camp

Please note, the less luggage your child has, the easier it will be for him or her to organize their belongings. Please limit your child's luggage to ONE large backpack/duffle bag or two smaller bags and ONE sleeping bag. It is advised that campers label their belongings. Many of our activities are designed to be outdoor experiences and will continue rain or shine. Please bring clothing that you don't mind getting dirty and wet.

Girls can bring Indian dresses if they wish to.

Below is a suggested list:

<p>Clothing</p> <ul style="list-style-type: none"> <li>○ 3 shorts / capris</li> <li>○ 1 long pants (jeans / sweatpants)</li> <li>○ 2 rough use short-sleeve shirts</li> <li>○ 1 long-sleeve shirts</li> <li>○ 1 hoodie /sweatshirt</li> <li>○ 3 undergarments</li> <li>○ 3 socks</li> <li>○ 1 set of long sleeved pajamas</li> <li>○ 1 summer hat/cap</li> <li>○ 1 rain jacket</li> <li>○ 1 thin towel for bathing</li> <li>○ 1 thin towel to use as a yoga mat</li> </ul> <p>Sleeping gear (pack separately)</p> <ul style="list-style-type: none"> <li>○ 1 sleeping bag</li> <li>○ 1 pillowcase</li> <li>○ 1 extra thin fleece blanket</li> </ul>	<p>Toiletries</p> <ul style="list-style-type: none"> <li>○ Toothbrush</li> <li>○ Small toothpaste</li> <li>○ Small soap &amp; shampoo/conditioner</li> <li>○ Hair Comb / Brush</li> <li>○ Sunscreen</li> <li>○ Insect repellent</li> </ul> <p>Footwear</p> <ul style="list-style-type: none"> <li>○ 1 Pair of water-proof or fast-drying Sandals</li> <li>○ 1 Pair of Running Shoes</li> </ul> <p>Additional</p> <ul style="list-style-type: none"> <li>○ Water bottle (MUST have!)</li> <li>○ Medication (e.g. asthma puffer, EPI pen) – clearly labeled with camper's name in a zip lock bag. Be sure to inform camp director.</li> <li>○ Flashlight</li> <li>○ 1 plastic bag for dirty clothes</li> <li>○ Signed Arhum Youth Camp Required Form</li> </ul>
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## What NOT to bring to camp:

There are several items that are not permitted at camp. These items are described below. If found, these items will be collected by Siddhachalam staff and held for the duration of the camp and will be returned only at the end of camp. Siddhachalam and staff are not responsible for the loss, damage or theft of any valuables.

No hand-held electronic devices.

Electronic devices are not permitted on the camp site. Camp promotes learning new skills, meeting new friends, and enjoying the outdoors away from electronic distractions. Any electronic devices found at camp will be collected and returned to parents the end of camp.

No cell-phones.

Cell phones are not permitted on the camp site. Any cell phones found at camp will be collected and returned to parents the end of camp.

No food products.

The camp site does not permit campers to bring ANY food products onto the camp. Outside food is not allowed at camp because of the number of allergies amongst campers and food in cabins attracts animals. Any outside food items found will be discarded. All meals and snacks will be provided at camp.

No valuables.

Campers are highly discouraged to bring money, jewelry, or expensive clothing/shoes.

No chewing gum.

No products with strong scents or perfumes.