



Dear Prospective BaMidbar Family,

Welcome to BaMidbar! This packet includes all enrollment paperwork for BaMidbar's Mifne young adult therapeutic program. The following documentation must be read, completed, signed, and returned to BaMidbar via fax (720-808-0747) or email (Admissions@BaMidbarTherapy.org) before we can enroll you / your child in the program:

- Enrollment Agreement
- Payment Agreement
- Communications Agreement
- COVID-19 Agreement
- Medication Form
- Gear List and Rental Form
- Travel Arrangements
- Consent to Background Check

Additionally, we also require a copy of the following documents. Please scan and send:

- Health insurance card (front and back)
- A form of Student's ID (driver's license or passport)
- A physical dated within one year of enrollment
- Vaccinations/Immunizations
- A copy of all prescriptions (*only necessary if unable to travel with 40-days' supply of medications)

Thank you for your patience and assistance in this process. If we can answer any questions or be of help in any way, please do not hesitate to call us at (720) 835-2937.

Sincerely,

Jory Hanselman
Executive Director

JoryH@BaMidbarTherapy.org
(720) 930-4390

Nick Magle-Haberek
Clinical Director

NickMH@BaMidbarTherapy.org

Emily Heeren

Admissions & Outreach Director
EmilyH@BaMidbarTherapy.org
(720) 409-0486

ENROLLMENT AGREEMENT

1. Sponsor(s):

The Sponsor constitutes any person or persons who are financially responsible for the Student's participation in BaMidbar Wilderness Therapy ("**BaMidbar**"). If there is more than one Sponsor, any of the persons serving as Sponsor shall have the right to individually consult with and direct BaMidbar in relation to the progress of the participant. By signing below, the Sponsor attests that the information provided in the application packet is accurate and truthful to the best of his or her knowledge. The Sponsor understands that enrollment is subject to approval by BaMidbar. Space in the BaMidbar program will be reserved only after the completion of this application, including a financial deposit, and determination of program availability.

I/we, _____ (the "**Sponsor(s)**"), enter into this Enrollment Agreement (the "**Agreement**") with BaMidbar Wilderness Therapy for the purpose of detailing my/our responsibility for the Student's financial obligations to BaMidbar and clarifying the rights and responsibilities of the parties hereto.

2. Admissions / Eligibility / Acceptance:

I/we understand that upon Sponsor's initial payment and completion of this Agreement, BaMidbar shall conditionally accept the Student for enrollment in BaMidbar. I/we acknowledge and accept that BaMidbar's conditional acceptance of the Student is subject to BaMidbar's evaluation and screening process, and the final decision regarding admission rests solely with BaMidbar and its staff. I/we understand that the Student must meet BaMidbar's eligibility requirements for acceptance into the program, and that misrepresentation of the Student places the Student at great risk and may result in discharge from BaMidbar. I/we further understand that the screening process is not completed until the end of the first week of the program and agree that at that time BaMidbar may determine that the Student is clinically or medically inappropriate for placement.

3. Terms of Agreement:

I/we understand that assuming the Student is accepted into the program, the term of this Agreement is for the entirety of the Student's stay at BaMidbar, beginning with the Student's arrival date.

4. Financial Obligations:

I/we understand that the program fee is \$11,400. I/we understand that \$500 is due upon acceptance as a deposit to hold the Student's place in the program. This deposit is fully refundable until 15 days before the program start date. The remaining program fee is due 15 days before the start of the program. If a student is accepted into the program within 15 days of the program start, the full payment will be due upon receipt of the invoice, which will be generated once financial aid is awarded. No student will be able to begin or continue the program if their account is past due.

5. Cancellation / Early withdrawal:

In the event that BaMidbar cannot open in Summer 2021 due to COVID-19, I/we understand that all families will be eligible for a full refund of their deposits and registration fees. If BaMidbar opens but it is not medically safe for the student to attend (due to their health or a family member's health), I/we understand that the student will be able to cancel their enrollment and receive a full refund. COVID-related medical information will be required in one of our pre-summer forms. If the student or a family member has an underlying medical condition that puts them in a high risk category, please be in touch with us so that we can work with your family and your medical professionals to determine an appropriate plan for BaMidbar as well as a decision-making timeline. I/we understand that if the student withdraws without a COVID-related medical reason, our regular cancellation policy will apply.

BaMidbar has a strict cancellation policy. I/we understand that any money paid is fully refundable until May 1st. I/we further understand that if the Student decides to withdraw from BaMidbar Wilderness Therapy after May 1st all funds are nonrefundable. The Sponsor will be offered the option to roll over any payments to a future program.

I/we understand that BaMidbar reserves the right to discharge the Student at any time due to: (1) illegal, uncontrollable, or dangerous behavior by the Student; (2) discovery of any previously unreported or unknown physical, medical, mental, or emotional problems, or; (3) for any other reason if BaMidbar deems it necessary for the protection of the Student, any other student(s), or the integrity of BaMidbar's program. At the sole discretion of BaMidbar, the Student may attend a subsequent expedition if the condition that caused the Student's termination from BaMidbar no longer exists. I/we understand that refunds are not made for the withdrawal of a Student from the program for any reason, including voluntary withdrawal and premature discharge for behavioral, medical, or clinical reasons. I/we further understand that if the Student cannot come to BaMidbar Wilderness Therapy due to medical illness or injury occurring before their program session begins, the Sponsor will be offered the option to roll over any payments to the next program.

6. Liquidated Damages:

BaMidbar's entitlement to and retention of the entire Program fee payable under this agreement in the event of an early termination or withdrawal is not considered by either of the Parties to be a penalty for early withdrawal of the Student. Because of BaMidbar's fixed costs and the difficulty of estimating and recovering BaMidbar's losses caused by the Student's early termination or withdrawal, the Parties agree that this nonrefundable program fee policy constitutes a fair and reasonable estimate of BaMidbar's losses (i.e., liquidated damages) associated with any early termination or withdrawal of the Student from the Program.

7. Travel to and from the program:

In addition to the program fee, I/we agree to make arrangements and pay for transportation from the Student's current residence to Denver International Airport and return transportation to the Student's residence. If the Student is released from the program, I/we understand that the Sponsor is responsible for all transportation costs. I/we understand that if we choose to use a professional transport agency, I/we are responsible for any additional escort fees required for transporting the Student to and/or from the Program. I/we agree that any escort service used by the Sponsor or Student, whether or not the

Sponsor or Student is referred to the escort by BaMidbar, is in all respects an independent contractor contracting directly with the Sponsor. I/we agree that BaMidbar bears no responsibility of any kind for any such escort service or the negligence or failure thereof. I/we agree that BaMidbar has no responsibility or culpability for any events occurring while the Student is traveling to and from the program.

8. Program Elopement:

If the Student leaves the program without authorization, BaMidbar will make every reasonable effort to locate the Student as quickly as possible. I/we hereby release, hold harmless, and indemnify BaMidbar from any and all liability arising out of or resulting from the Student leaving the program without authorization, while enrolled at BaMidbar. Any costs incurred and expenditures made by BaMidbar in the pursuit of the Student after unauthorized departure from the program, including but not limited to costs related to search and rescue, Sheriff's Department involvement, or emergency medical services, will be paid by the Sponsor(s).

9. Personal Injury and Damage to Property:

The Student must assume full responsibility for the care, upkeep, and replacement cost of any borrowed/rented BaMidbar gear that is lost or destroyed. The Sponsor(s) agree to accept full responsibility: (1) for the repair or replacement of any property damaged, defaced, or destroyed by the Student; (2) for any personal injury to any BaMidbar personnel, other student, or third party caused in whole or in part by the Student; (3) to promptly reimburse BaMidbar for any costs and expenses, including legal and/or medical fees related to actions by the Student.

I/we further understand that BaMidbar uses the Aegis System™ Non Violent Crisis Intervention and Behavioral Support Program. I/we understand that physical restraint of students is only used after verbal de-escalation has been exhausted and/or proved ineffective, and is used only in the following scenarios: (1) imminent harm to self; and/or (2) imminent harm to others, and that in the event of such imminent harm, the Student may be physically restrained at the sole discretion of BaMidbar.

10. First Aid Care:

I/we understand that BaMidbar provides only general first aid care. In the event BaMidbar determines that additional care is needed, BaMidbar may bring the student to outside medical providers. I/we agree to pay in full for all medical, dental, hospital, or related expenses incurred by or for the Student.

11. Proof of Insurance:

I/we understand that the Student is required to have medical insurance and must provide proof of such coverage prior to enrollment in the program.

12. Psychiatric Services:

I/we understand that the BaMidbar treatment team may recommend psychiatric services with a MD-level psychiatrist as part of the Student's treatment plan. I/we acknowledge that I am/we are responsible for the cost of any psychiatric evaluations performed by a psychiatrist. I/we understand that it is my/our responsibility to submit these costs to insurance for reimbursement if I/we so choose. If the

Student receives psychiatric services while at BaMidbar, I/we agree to pay for the costs incurred for these services.

13. Authorization and Consent for Electronic Communication:

I/we authorize BaMidbar to use a secure, password protected web-based parent portal to send communications from the Student to me/us. I/we understand that errors may occur and I/we release BaMidbar from any and all liability for errors in the transmission of personal communications between the Student and myself/ourselves. I/we agree to keep confidential the nature of any communication that I/we may receive in error regarding other BaMidbar clients and to notify BaMidbar immediately of this error.

14. Confidentiality:

I/we understand that I/we will be in contact with other BaMidbar families over the course of the program, and through alumni support services. For this reason, I/we agree to confidentiality in regards to other BaMidbar families, their names, stories, and other information we might become privy to before, during, or after participation at BaMidbar. I/we also understand that the Student may be photographed with his or her peers, and these photographs may be shared with other Sponsors through password-protected web-based parent portals. If BaMidbar takes pictures of the Student with a peer from his/her group, I/we release BaMidbar from any and all liability during the Student's stay when student group photos are posted on other Sponsors' parent portal. I/we understand that the Student's peers may appear with him/her on my/our parent portal as well.

15. HIPAA Regulations:

I/we acknowledge that BaMidbar complies with the Health Insurance Portability and Accountability Act (HIPAA) of 1999.

16. Family Involvement:

I/we understand that BaMidbar expects families/parents to be enrolled and participating in family therapy and in the family component of BaMidbar's program. I/we understand that full commitment to the family program is an important part of the Student's process. I/we further agree to read any educational materials, engage in webinars, and watch any video programs sent to me/us by BaMidbar, and to fill out and return to BaMidbar any educational materials, while the Student is in the program. I/we understand that communication with the Student happens via letter writing and family therapy via telephone.

17. Assumption of Risks / Release / Indemnity:

The Sponsor(s) and the Student each acknowledge and agree that participating in the BaMidbar program involves inherent risks and other hazards and dangers that can cause or lead to death, injury, illness, property damage, mental or emotional trauma, disability, or other bodily harm. Furthermore, activities may take place far from any medical facility and where communication, transportation, or evacuation is subject to delay. The Sponsor(s) and the Student understand that BaMidbar cannot assure the Student's safety or eliminate any or all of these risks.

IN CONSIDERATION FOR THE STUDENT BEING PERMITTED TO PARTICIPATE IN THE PROGRAM, I/WE RELEASE BAMIDBAR FROM, AND AGREE NOT TO SUE BAMIDBAR FOR, ANY LIABILITY, CLAIM, SUIT, OR EXPENSE IN ANY WAY ASSOCIATED WITH THE STUDENT'S PARTICIPATION IN THE BAMIDBAR PROGRAM OR THE USE OF ANY BAMIDBAR EQUIPMENT OR FACILITIES. NEITHER THE STUDENT NOR ANYONE ACTING ON THE STUDENT'S BEHALF WILL MAKE A CLAIM AGAINST BAMIDBAR AS A RESULT OF ANY LOSS, INJURY, DAMAGE, OR DEATH SUFFERED BY THE STUDENT. THIS RELEASE INCLUDES ANY LOSSES CAUSED OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART, BY THE NEGLIGENCE OF BAMIDBAR TO THE FULLEST EXTENT ALLOWED BY LAW (BUT NOT FOR GROSS NEGLIGENCE OR WILLFUL OR WANTON CONDUCT), AND INCLUDES BUT IS NOT LIMITED TO CLAIMS FOR PERSONAL INJURY, PROPERTY DAMAGE, WRONGFUL DEATH, BREACH OF CONTRACT, OR ANY OTHER TYPE OF SUIT.

I/WE FURTHER AGREE TO DEFEND AND INDEMNIFY BAMIDBAR AND TO PAY OR REIMBURSE BAMIDBAR FOR SUMS IT IS REQUIRED TO PAY, INCLUDING REASONABLE ATTORNEYS' FEES AND COSTS, WITH RESPECT TO ANY AND ALL CLAIMS BROUGHT BY OR ON BEHALF OF A FAMILY MEMBER, CO-PARTICIPANT, OR ANY OTHER PERSON FOR ANY CLAIMS RELATED TO OR ARISING OUT OF THE STUDENT'S PARTICIPATION IN THE PROGRAM.

I/WE AGREE TO RELEASE, HOLD HARMLESS, AND INDEMNIFY BAMIDBAR FROM ANY AND ALL LIABILITY ARISING OUT OF OR RESULTING FROM ANY INJURY OR ILLNESS THAT OCCURS WHILE THE STUDENT IS ENROLLED IN THE BAMIDBAR PROGRAM. I/WE ALSO AGREE TO RELEASE, HOLD HARMLESS, AND INDEMNIFY BAMIDBAR FROM ANY AND ALL LIABILITY ARISING OUT OF OR RESULTING FROM ANY MEDICAL CONDITION THAT IS SELF-INFLICTED BY THE STUDENT WHILE ENROLLED, INCLUDING WITHOUT LIMITATION ANY SELF-INFLICTED INJURY OR ILLNESS.

18. Dispute Resolution / Grievance Procedures

The parties hereto shall resolve any dispute, controversy, or claim arising out of or relating to this Agreement, or the breach, termination, or invalidity hereof (each, a "**Dispute**") in accordance with the procedures set forth in this Section 19 of the Agreement. The procedures set forth in this Section 19 shall be the exclusive mechanism for resolving any Dispute that may arise from time to time.

If a Dispute arises out of or relates to this Agreement, or the breach thereof, the parties agree to first attempt in good faith to resolve any Dispute by negotiation and consultation between themselves. If the Dispute cannot be settled through negotiation, the parties agree first to try in good faith to settle the dispute by mediation in the State of Colorado, and administered by a neutral mediation service selected by the parties. The parties agree that they will use reasonable efforts and good faith in participating in the mediation. The parties agree that the mediator fees, expenses, and the costs incidental to the mediation will be shared equally between the parties.

If after mediation there remains any unresolved Dispute arising out of or relating to this Agreement, or breach thereof, the parties agree that such Dispute shall be settled by arbitration administered by the American Arbitration Association and shall take place in the State of Colorado, and judgment on the award rendered by the arbitrator(s) may be entered in any court having jurisdiction thereof.

19. Governing Law

This Agreement shall be construed, interpreted and enforced according to the laws of the State of Colorado, without regard to the conflicts of laws principles that would require the application of the laws of any other state. The parties hereto each consent and submit to the exclusive jurisdiction and venue of the courts in the State of Colorado, and any qualified (American Arbitration Association-approved) arbitration service in the State of Colorado, to enforce this Agreement.

20. Severability

If any provision of this Agreement is held to be invalid or unenforceable for any reason, the remaining provisions will continue to be valid and enforceable. If a court finds that any provision of this Agreement is invalid or unenforceable, but that by limiting such provision it would become valid and enforceable, then such provision will be deemed to be written, construed, and enforced as so limited.

By signing below, I/we acknowledge and agree that I/we have read and understand all of the provisions contained in this Enrollment Agreement.

IN WITNESS WHEREOF, the parties hereto have executed this Agreement as of the date set forth below.

STUDENT:

Signature: _____ **Date:** _____

Print Name: _____

SPONSOR:

Signature: _____ **Date:** _____

Print Name: _____

AUTHORIZED REPRESENTATIVE OF BAMIDBAR WILDERNESS THERAPY

Signature: _____ **Date:** _____

Print Name: _____

PAYMENT AGREEMENT

Tuition Information:

BaMidbar Wilderness Therapy's Mifne young adult program fee is \$11,400.00.

Payment Schedule:

An initial payment of \$500 is required as a deposit for the program. 50% of the remaining program fee (\$5,450.00) is due May 1, and the final balance (also \$5,450.00) is due on June 1. If a student registers after May 1, the full remaining balance will be due on June 1. No student will be able to begin or continue the program if their account is past due.

Any additional costs incurred (psychiatric services, medical care, personal injury and damage to property, etc. as detailed in the Enrollment Agreement) are due within 7 days of the occurring event.

Method of Payment:

Payment methods include E-check, Check, and Credit Card. Visa and Mastercard payments include a 3% processing fee. American Express payments include a 4.5% processing fee. To avoid paying credit card processing fees, families are encouraged to pay electronically by selecting e-checking as the payment preference.

Cancellation / Early withdrawal:

BaMidbar has a limited number of openings for students. Because of this, BaMidbar has a strict cancellation policy.

In the event that BaMidbar cannot open in Summer 2021 due to COVID-19, all families will be eligible for a full refund of their deposits and registration fees. If BaMidbar opens but it is not medically safe for the student to attend (due to their health or a family member's health), the student will be able to cancel their enrollment and receive a full refund. COVID-related medical information will be required in one of our pre-summer forms. If the student or a family member has an underlying medical condition that puts them in a high risk category, please be in touch with us so that we can work with your family and your medical professionals to determine an appropriate plan for BaMidbar as well as a decision-making timeline. If BaMidbar and the student withdraws without a COVID-related medical reason, our regular cancellation policy will apply. Please read the "Liquidated Damages" clause in the Enrollment Agreement for more information.

Health Insurance:

BaMidbar does not directly bill medical insurance companies and therefore requires Sponsors to assume this responsibility independent of tuition payment. Upon request, our program will provide a therapeutic breakdown of costs for you to submit to your Insurance Company for reimbursement purchases. BaMidbar does not guarantee reimbursement for expenses related to the Student's stay, and the Sponsor is still responsible for all payments and fees associated with BaMidbar Wilderness Therapy's tuition and program activities.

Financial Aid:

We at BaMidbar are committed to working with you to make the BaMidbar experience affordable. All financial aid is need-based, and we handle all financial aid requests with the highest level of confidentiality. Award funds are limited, and are made on a first come, first served, needs-based basis. To apply for need-based financial aid, please submit the financial aid application, and the following documents to Matt Levitt and our Financial Aid Committee at matt@ramahoutdoors.org:

- A copy of the first two pages of your tax return
- Copies of schedules A, B, C, & D if applicable

Financial aid awards vary, and do not exceed 50% of the program cost.

Signature page follows.

Financially responsible party (Sponsor):

Printed Name: _____

Signature: _____

Date: _____

COMMUNICATION AND TECHNOLOGY AGREEMENT

BaMidbar is a technology free space. Upon arrival, all students will be asked to turn over their cell phones, iPods, iPads, laptops, kindles, and all other electronic devices. These devices will be stored in a secure location on our property along with wallets and other valuables throughout the duration of the program. All will be returned, fully charged, upon departure. We are here to work on ourselves, and BaMidbar believes that disconnecting is an integral part of that process. As such, even when we find ourselves inside or driving through society to access trip locations, students are not given access to phones or personal electronic devices. Staff do carry phones, GPS, radios, and satellite communication gear in order to maintain a professional standard of safety while in the field.

Communication

Parents and students are invited to correspond via letter writing throughout the duration of the program. Please send all emails to letters@bamidbartherapy.org and include your student's name in the subject line. You are also welcome to share this address with anyone else who would like to write to your student (friends, extended family...) - letters are not limited to immediate family. We will do two mail drops per week (Thursday evenings and Sunday mornings) while the group is at basecamp. We will likewise use letters@bamidbartherapy.org to send you handwritten letters from your student that we will scan in from the field. If you prefer snail mail, our address is 26601 Stoney Pass Road, Sedalia CO 80135. Due to our remote location, snail mail can have up to a week delay in delivery.

We will also send a weekly email from the field updating you on where the group is and what they have been working on over the past week. Since we are a therapeutic program, we are unable to publicly post photos of students' faces, but we will include individual photos of your student and the group in these updates.

In Case of an Emergency

In the event that a family needs to get in touch with their student for immediate reasons, the family will connect with the basecamp support staff on call, who will know how to get in contact with the group. Given the remote nature of some of our backcountry trip locations, please note that it may take some time to transmit the message. BaMidbar will send out a document with detailed instructions on this process the week before the course start day.

Acknowledgement of Technology Expectations

I have read, understand, and acknowledge the communication and technology guidelines for BaMidbar.

Student Signature: _____

Date: _____

Sponsor Signature: _____

Date: _____

COVID-19 AGREEMENT

With your partnership, we remain steadfast in our commitment to create a safe operating environment for both students and staff, while continuing to deliver on our mission to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity. To ensure we can deliver on this promise, BaMidbar has established policies and procedures to address COVID-19 safety for in-person programs. These policies are documented in BaMidbar's COVID-19 Roadmap, which can be found on our [website](#). All students and staff will be asked to abide by the rules and regulations set in place by BaMidbar and Ramah in the Rockies in relation to the COVID-19 Coronavirus Pandemic. This is an evolving process, and BaMidbar's COVID-19 roadmap is being updated monthly. Final expectations will be shared by May 1st, 2021.

Risk management precautions may include the following pre-program requirements:

1. Students and Staff will be asked to follow a set of CDC recommended behaviors prior to arrival at BaMidbar including good hand washing often, avoiding close contact with people outside your household, wearing a face covering that covers both your mouth and nose when around others, and daily monitoring of health.
2. All members of the student's household should also try whenever possible to never be with others outside their household without a facial covering 14-days prior to a student's arrival as well.
3. Students and Staff should expect to have at least one (1) molecular PCR COVID Test within the 10-days prior to arrival and at least one (1) negative test within 72-hours before arrival.
4. We ask that students or staff who receive a positive test at any point within two-weeks of arrival contact us immediately, and that individuals without a confirmed negative test do NOT board airplanes or drive to BaMidbar.
5. In addition to the requirements above, all staff will be required to arrive at least 14-days prior to the arrival of the first students and stay on property during this arrival time for staff training and health screenings.

Acknowledgement of COVID Expectations

I have read, understand, and acknowledge that I will be expected to follow all COVID-related protocols and procedures laid out by BaMidbar and Ramah in the Rockies prior to and during my time in the program. I agree to follow these protocols, policies, and procedures; if I am unable to follow the expectations as presented, I may be asked to leave the program.

Student Signature: _____

Date: _____

Sponsor Signature: _____

Date: _____

Medication Form

Please list all medicines, vitamins, supplements, and other essential items. If a student takes the same medication more than once per day, use separate lines and change the time taken and the dosage as needed accordingly.

Student Name: _____ DOB: _____

Medication	Pill Count	Time Taken	Dosage (mg)	For office use: verify pill count

Notes: Please include any significant information regarding student meds and medication administration.

I affirm that all medications and prescriptions listed above are accurate and up to date.

Student Signature: _____ Date: _____

Sponsor Signature: _____ Date: _____

MIFNE CLOTHING & GEAR LIST

If buying outdoor gear is a new experience for you, the many options and price-points can present some challenges. For the most important pieces of gear, we have included some details about what you should be looking for if you choose to purchase. Camping gear may be purchased at almost any outdoor store, and specialty stores such as REI will carry everything you need. Online retailers like backcountry.com, sierratradingpost.com, and campmor.com may be a more affordable choice for items where sizing isn't critical.

Some things to consider when shopping for BaMidbar: Is this going to be the only time you will be engaging in outdoor adventure activities, or this a lifelong passion? If the former, you might want to explore alternative options to purchasing new gear, such as renting from BaMidbar or borrowing equipment from a friend.

If you are going to purchase clothes on your own, and you would like to make sure your clothing choices will be suitable for the time of year that you will be at BaMidbar, feel free to reach out to our Admissions Director, Emily, at emilyh@bamidbartherapy.org with questions.

If you would prefer to rent or purchase gear from BaMidbar, please see the individual item descriptions for availability and prices, and fill out and submit the Gear Rental/Purchase Form.

Laundry will be done once a week while the cohort is on *masa*. Please note that in our packing list guidelines, we are assuming students will be wearing clothes more than once. For example, we suggest 4 hiking shirts so that students can take 2 on *masa*, while 2 are sent to the laundry.

Participants are not allowed to bring any food, contraband, or controlled substances such as cigarettes, marijuana, and alcohol.

Important Note: Please make sure the clothing that you bring to BaMidbar is made from either wool or synthetic materials, and NOT cotton. When cotton gets wet (from sweat, snow etc.), it takes a long time to dry and conducts heat away from your body very quickly. Wool is an excellent material for base layers, socks, and even underwear as it stays warm, even while wet. Synthetic materials, such as polyester, are also very effective. These are usually marketed as “moisture-wicking” or “quick-dry” as they pull moisture away to evaporate quickly during physical activity. Again, either option is recommended, and whatever you decide, we ask you to avoid cotton at all costs. The only exception to this would be Shabbat clothes, as during Shabbat, we will have access to warm buildings and changes of clothes.

General Packing List

Please note that everything on this list should be considered required for BaMidbar, unless it is specifically noted as optional.

- 4 Long sleeve base layers
- 2 Long underwear
- 4 Hiking shirts
- 2-3 Hiking pants
- Warm jacket
- Mid layer (sweater, hoodie, etc. not cotton)
- Fleece
- 10 Socks
- 10 Underwear
- Pajamas
- White Shabbat Shirt/Outfit
- Warm Hat (Beanie)
- Sun Hat (or baseball cap)
- Rain Jacket
- Rain Pants
- Sleeping Bag with Compression Sack
- Sleeping Pad
- Hiking Boots
- 4-8 face masks (for COVID protection)
- Headlamp
- Backpack - available for rental
- Shower shoes (all shower shoes must have a back strap, such as those on Crocs, Keens, Texas, or Chacos. Flip flops are not acceptable)
- Liner gloves
- Sunglasses
- Disposable Camera - (optional)
- Toothbrush
- Toothpaste
- Comb/brush
- Menstrual hygiene products
- Lip balm
- Shower towel
- Laundry bag
- Notebook/Pen
- Tallis/T'fillin/Kippot (optional)
- Crazy Creek or other lightweight, packable camping chair (optional)

Must-Have Gear Descriptions

1. Warm Jacket – Every participant should have a warm, durable jacket. Natural or synthetic down jackets are recommended, as down has a very high warmth-to-weight ratio. Some winter jackets advertise a “multi-layer” jacket, with a down layer and a waterproof layer on top. Most ski-jackets are designed this way, and, while often bulkier, can be used as a winter jacket at BaMidbar. A down jacket without the waterproof layer is also acceptable, given that raincoats are required for BaMidbar. A stand-alone down jacket also has the benefit of packing down into a very small space, which is ideal for

backpacking. Most outdoor brands, such as Columbia, REI, Patagonia, NorthFace, and Mountain Hardware carry high quality down jackets.

2. Rain Jacket – Every participant should pack a waterproof, breathable rain jacket. The fabrics used aim to keep rain out while allowing perspiration to escape. Since *masaot* (backcountry excursions) do not stop simply because of rain or snow, it is important to be able to hike while wearing a jacket that doesn't leave you drenched in sweat. While there are many different proprietary laminates, the difference is mainly in how breathability versus waterproofness and durability is balanced. In general, 3-layer fabrics are the most durable and waterproof, but are also the most expensive and possibly heavier; 2 or 2.5 layer fabrics (like Gore-Tex, Precip, HyVent, and Conduit DT) tend to be less expensive, more compact, and have similar breathability. The lightest, least durable, and least expensive are the so-called porous fabrics (like Frogg Toggs). We cannot overstate how important it is to have a WATERPROOF rain jacket.

3. Rain Pants - A pair of rubber rain pants from Target will suffice, unless you would prefer to buy coated nylon or Gore-Tex pants, which tend to be more expensive.

4. Sleeping Bag – All participants must pack a compressible/lightweight sleeping bag (in March/April a -0 degree F or warmer down or synthetic sleeping bag is recommended. In the Summer months, a sleeping bag rated between 0 - 20 degrees F will suffice). While each manufacturer has its own rating system, many of the leading manufacturers now also publish standardized EN-ratings. These ratings are a good way to compare different sleeping bags, and are much more reliable than the temperature number that appears in the name. Sleeping bags are usually sized by height, but there are also a number of women-specific models, which differ slightly in the shape. If you are borrowing a sleeping bag from friends or family, remember that synthetic insulation loses its value over time, particularly if it has been stored tightly stuffed. Also, when it comes to sleeping bags, bigger isn't better, as the sleeping bag has to fit inside a hiking backpack. Please bring one that is compact/lightweight and appropriately sized and temperature rated.

5. Sleeping Pad - For camping in the winter, BaMidbar suggests a blow-up pad with an R-value of 3.2 or higher. Far more important than the cushioning provided is the crucial insulation (expressed as an R-value) between your sleeping bag and the cold ground. In the spring and summer, a simple foam pad will provide sufficient insulation to stay warm, however blow-up pads may still offer greater comfort.

6. Non-Cotton Socks (10 pairs)– We suggest a medium or heavy-weight merino (no itch) wool or synthetic blend 22 (without any cotton). When you are breaking in your hiking boots, we suggest wearing the socks you will wear at camp.

7. Hiking Boots- Footwear is the single most important piece of gear for a successful experience at BaMidbar. For Mifne BaMidbar, students should bring a typical, waterproof hiking boot. BaMidbar will issue each student a winter overshoe that adds extra warmth and traction for hiking in the snow. The overshoe will go *on top* of the regular boot, so it is imperative that students bring a good pair of hiking

boots. Please ensure they fit properly and are broken in prior to the program. Bad blisters can end an outdoor experience very quickly!

8. Hiking Shirts (3-4)– Made from quick dry or wicking material, like merino wool, polyester or Capilene, these shirts will provide warmth and comfort in wet and dry conditions because, unlike cotton, wool and synthetics retain their insulating properties when wet.

9. Water Bottles (2) – Dehydration is a constant concern for participants at BaMidbar due to the altitude and high activity level. On an average day, each person at our program must drink well over a gallon of water! Please purchase water bottles of at least 1 liter capacity (1.5 is recommended).

9. Headlamp – LED lamp with 2-3 LEDs will suffice. Bring extra batteries!

10. Internal Frame Backpack – Participants will need to bring an internal-frame backpack of at least 65 liter capacity (65 - 80 is recommended). Name-brands such as Kelty, Osprey, and Deuter all provide high quality, reliable options. If you are buying a new backpack, it is recommended to go in-store to an outdoor retailer such as REI to get personally fitted for a backpack before purchasing. Participants could be hiking with a backpack for six hours during the day, and ensuring that a backpack is sized and fits properly is very important.

Available for rental- \$30

Rental Request

Would you like to borrow an internal frame backpack from BaMidbar for the length of the program?

_____ YES

_____ No

This will add an additional \$30 to your overall program fee. If at the end of the program, the backpack has incurred more damage than the typical wear and tear making it unusable for future sessions, you will be charged a replacement fee of \$120 for the cost of the item.

Please sign to indicate that you understand the charges:

BaMidbar Issued Gear

Every participant of Mifne will be issued the following gear. There is no additional cost for these items.

- 1. 2 BaMidbar logo shirts** - These can be used as hiking shirts
- 2. 1 BaMidbar logo fleece** - This can be used as a fleece layer

- 3. **2 BaMidbar logo bandanas**
- 4. **Leather gloves** - For fire safety

TRAVEL ARRANGEMENTS

Student Name: _____

Student Cell Phone Number: _____

Arrival Date (program start date): **June 17, 2021**

Departure Date (program end date): **July 26, 2021**

Flight Information:

BaMidbar asks that you arrange all flights to land at Denver International Airport by **10:30AM** on your arrival day, and take off after **3:00PM** on your day of departure. A BaMidbar staff member will meet you at the airport and drive you to the Ramah in the Rockies ranch.

Arrival

Departure

Airline: _____

Airline: _____

Flight Number: _____

Flight Number: _____

Arrival Time: _____

Departure Time: _____

Driving Information:

Due to COVID, we are doing our best to create a contained BaMidbar bubble. As a part of this effort, no outside visitors will be permitted to drive up to the ranch. Please check the box, if you would like to be picked up in Denver. We can arrange to collect you from HEA during our airport run at around **11:45AM**.

_____ I would like to be picked up at the Hebrew Educational Alliance parking lot (3600 S Ivahoe Way, Denver, CO 80237).

CONSENT TO BACKGROUND CHECK

I understand that BaMidbar Wilderness Therapy conducts background checks on all students and employees. I hereby consent and authorize BaMidbar Wilderness Therapy to conduct a background check on me, which will include a criminal history check and a sex and violent offender registry check. Below, I have provided my full name, date of birth, and social security number for this purpose. I understand and agree that if I choose not to provide this information, or otherwise refuse to consent and authorize this background check, acceptance into the program may be rescinded. I also understand and agree that BaMidbar Wilderness Therapy reserves the right to withdraw an offer if, in judgment of the organization, information developed in the course of the background check so warrants.

First Name (Print) Middle Name Last Name

Address - Street, City, State, and Zipcode

Home Phone

Date of Birth

Social Security Number