

Email to all Parents who are joining with their SSE Children at our upcoming retreat

2026 Retreat - May 22-24, 2026, at Camp Westmont. Address: Camp Westmont, 81 Spruce Lake Road, Poyntelle, PA 18454.

Dear Sai brothers and sisters,

Loving Sairam!

Welcome to the 2026 Retreat! SSE children have an interesting array of group activities planned by our own excellent SSE facilitators! We look forward to an engaging, fun and loving SSE time with your children!

**Just a few pointers that will help us make this an enjoyable and safe experience for all.
Consider the following before you start your trip -**

- **Visit the website** at <https://retreat.sairegion2usa.org/> and review important information.
- Ensure that you have received confirmation of your registration and verify the dates / days you have registered.
- You will receive a separate email with an **eBook** document that includes program details, workshop topics and facilitator bios, camp map, etc. Please refer to those documents for Program schedules and organize your and your family's time at the retreat accordingly. (As part of our green initiatives, we will not be providing paper registration packets this time.)

Packing

- **Bedding:** Sleeping Bags, Blankets etc. **Cabins do get cold.** (NO ELECTRIC HEATERS ALLOWED – IT CAN BE FIRE RISK).
- **Pack warm clothes** (it does get cooler in the morning and nights, sleeping bags, pillow etc.
- Have a Rain Jacket / Raincoat / Umbrella and shoes that are comfortable to walk in in rain!
- Please plan to dress your children in modest clothing. Kindly do not plan for shorts, tank tops, leggings. It is important that children are dressed in **full pants and wear comfortable walking shoes, preferably sneakers** as they will be expected to participate in outdoor games and other activities.
- If possible, please plan and pack yellow color dress for girls and white for boys on Sunday. Please bring the kids to the devotional hall by 10:00 AM. (if you don't have a yellow dress, that's fine! Please dress them in any other color, color code us).

- Ensure that the girls from SSE Group 3 and Group 4 girls bring along a scarf or dupatta to cover their neck and shoulders during devotional sessions.
- Please pack an **Insect repellent, an after-bite calming cream and some moisturizing lotion**. These will come in handy at the camp site.
- Please bring a **labelled reusable water bottle** to the camp and kindly make sure that the children bring that back to the cabin at the end of their day.

For a detailed packing list see URL □ <https://retreat.sairegion2usa.org/packing/>

Arrival

- Drive carefully – and try to reach the campsite on Friday during daylight (before 5 PM). It just makes it a lot easier for you and all the awesome volunteers who welcome you to the camp.

After reaching the campsite:

- Retreat schedules and maps are available at different locations throughout the campsite.
- Kindly note that all SSE children are required to participate in all the scheduled SSE activities. Please refer to the [R2 Retreat 2026 SSE Schedule](#).
- SSE Children will remain under the watchful oversight of SSE volunteers during the SSE Workshops and when the workshop is complete, kids will be taken to the next SSE location or dropped off at the dining hall at lunch and snack times on Saturday.
- At all other times, it is the parents' responsibility that children remain under their supervision and are dropped off at the right SSE workshop locations OR picked up after meals/snacks.
- Children cannot be found wandering around the campsite during scheduled SSE activities.
- Please try to listen to all announcements in common areas as they may pertain to SSE activities / the location changes in case of unexpected changes to the weather.

First Aid and other:

- First aid kits will be available at all SSE Workshop locations and at the infirmary. Any of the volunteers or devotees at the retreat should be able to help provide simple first aid.
- Kindly inform your children to contact an adult immediately should they need any assistance due to a fall or other causes.

We always appreciate additional help. Kindly contact one of us if you would like to help or have any questions.

- Anupama Balajee: 412-818-8651
- Chetan Bhatt: 908-873-8309
- Suma Sreejith: 732-331-4953
- Gan Murali: 614-886-1415

Following His Values, looking to His Love and attention, working as His instruments and compelling our beloved Swami to show Himself and bless us all – Welcome again to our Annual Camp!