

## Arrival and Daily Routine at Neuengamme Main Camp



*Band of cloth with Antonia C.'s prisoner's number and triangle. In autumn 1944, Antonia C. was deported from Warsaw via several other camps to Neuengamme's satellite camp in Hanover-Langenhagen. (ISD)*

The SS treated newly arrived prisoners with particular brutality so as to break their spirit and demoralise them immediately after their arrival. Life at the camp was determined by a huge number of rules and regulations which were almost impossible to maintain. Prisoners who were caught in breach of these rules not only received the official forms of punishment at the camp (having to stand to attention for very long periods of time, beatings, and detention), but were also subjected to random acts of violence from the SS guards or the block elders. The prisoners' health quickly deteriorated due to the insufficient food and clothing they received. They were housed in overcrowded quarters which offered no privacy or opportunities for recuperation. The diarrhoea epidemics and the lack of hygiene often led to a dreadful stench in the prisoners' quarters.