

## CHAPTER SEVEN

# Suggested Packing List

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### Everyone

- 1 Siddur
- 14 T-shirts (most for active wear)
- 2 dark shirts for water hikes
- 2 sweaters or sweatshirts
- 1 pair sweatpants
- 2 bathing suits (no bikinis)
- 2 pair pajamas
- 2 hats
- 20 pair underwear
- 20 pair socks
- 1 pair sneakers and/or pair of hiking shoes
- 1 pair water shoes for water hikes
- 1 pair comfortable Shabbat shoes
- 2 towels
- Soap, shampoo, deodorant
- Toothbrush, toothpaste, hairbrush
- Laundry bag
- Sunscreen
- Flashlight

### Optional

- A camelback or reusable water bottle
- Dry-fits instead of some T-shirts
- Tylenol, cold medicine, cough drops

### Boys

- 8 pairs of shorts
- 3 pair long pants
- 4 collared white shirts for Shabbat (polo shirts are permissible)
- 2 pair blue/black pants for Shabbat
- Tfillin
- 3 kippot
- 3 pair Tzitzit
- Kohanim: Talit for daily Birkat Cohanim

### Girls

- 8 skirts/pants/knee length shorts for hiking
- 3-4 additional skirts/pants/knee-length shorts
- 3 white shirts for Shabbat
- 2 blue/black skirts for Shabbat
- 3 additional Shabbat outfits
- Personal hygiene supplies

### Luggage

We recommend using a soft duffel with wheels so that it is light weight and easily portable.