

# PACKING LIST

A packing list for 3 weeks (adjust if your child's session is less than 3 weeks)

Remember to label everything with your child's first and last name.

## Bedding

- 2 pairs of sheets (4 in total)
- 2 pillow cases
- 1 pillow
- 1 warm blanket -essential
- 1 sleeping bag (waterproof recommended)

## Toiletry Items

- 3 bath or beach towels
- 2 face towels
- toothbrush and toothpaste
- soap, shampoo, and conditioner
- comb and brush
- sunscreen
- mosquito repellent
- kleenex
- medications & supplements  
(only multi-dose pre-packaged by a pharmacy)

## Miscellaneous Items

- Kupa money – recommended \$5 per camp week
- flashlight and extra batteries
- laundry bag
- stationery, envelopes, and stamps (U.S. mail will be stamped by camp)
- daypack
- hiking backpack (Gr. 7 & up need for an overnight hike)

We do not allow campers to have mobile phones or other WiFi-enabled devices. If these are brought to camp, they will be confiscated and returned when the camper leaves at the end of the session.

## Clothing

- 14 pairs of underwear
- 14 pairs of socks (2 heavy)
- 5 pairs of shorts
- 10 tee-shirts (2 dri fit for sport/hiking)
- 4 sweatshirts
- 3-4 pairs of long pants
- 2 bathing suits
- 2 pairs of pajamas
- raincoat or poncho
- sun hat and water bottle - essential
- warm jacket
- casual-dress clothing for Shabbat

## Footwear

- 2 pairs of runners (one for hiking)  
Those completing Gr. 7 & up need hiking shoes with ankle support.
- flip flops/crocs – for shower & pool only
- optional: rubber closed footwear for water activities

## Optional Items

- reading materials
- camera (inexpensive)
- non-electronic games
- musical instruments
- fun /crazy clothes for Rikud
- plain white tee (for spray paint / tie dye)

LAUNDRY IS DONE EVERY TEN DAYS BUT TAKES TIME TO COME BACK FROM THE LAUNDROMAT. PACK 14 DAYS WORTH OF CLOTHING.

**NO LAUNDRY FOR CAMPERS COMING FOR 5-14 DAYS.**