



Adventure Camp Packing List

Please clearly mark all personal clothing and items.

I know - so few items for so many days! Trust me - a lighter pack is well worth it. We'll be passing streams in which we can do some cleaning, as well, and besides - if everyone's smelly, is there really such a thing as smelly? Please keep in mind that every participant will be carrying communal gear and food, so save room in your pack! Additionally, limit fragrant items such as deodorant/perfumes in order to ensure that animals are not attracted to your pack.

Item	8-Day	15-Day
Hiking Pants (pants prevent ticks. Pants that zip off into shorts are ideal)	1	2
Shorts	1	2
T-shirts (ideally quick-dry)	3	4
Long socks	4	6
Underwear	5	8

Swimtrunks/swimwear	1
Lightweight fleece	1
Long underwear/joggers to sleep/relax in	1
Raincoat or poncho	1
Sun hat/cap	1
Microfiber/quick absorbent towel	1
Hiking boots or strong trail runner sneakers	1
Sandals or flip flops - light & comfortable	1
Shabbat Shirt, Pants, Dress	1
Toothbrush	1

We will provide Toothpaste, Sun-block lotion SPF-15 or higher, Hand Sanitizer, Soap, Shampoo and Insect Repellent for the group in order to minimize backpack weight.

Gear

<ul style="list-style-type: none">● Backpacking backpack (55+ Liters)
<ul style="list-style-type: none">● Sleeping Bag (shouldn't be too bulky, any temperature rating will do)
<ul style="list-style-type: none">● Sleeping Pad
<ul style="list-style-type: none">● Sturdy water bottles (or camelback) for 3 liters of water.

Optional Items & Religious Items - participants are never forced to wear or use a particular traditional Jewish item, but are invited to bring and use the following:

<ul style="list-style-type: none">● Kippah, Tallit, Tefilin
<ul style="list-style-type: none">● Siddurim are provided. You are invited to bring your own.
<ul style="list-style-type: none">● Camera
<ul style="list-style-type: none">● 1 Book, Deck of cards, frisbee.
<ul style="list-style-type: none">● Warm hat and light gloves - it can get chilly at night.