



Break Out To Break In. Let's Revitalize our Lives.

Packing List

This packing list is geared towards the 3-5 day backpacking adventures. Other adventurers can adjust based on the number of days. Base-camping adventures do not need to bring a backpacking pack.

Gear We'll be providing tents, tarps, filters, cooking equipment, utensils, etc.

Please bring (unless renting):

1. Backpacking pack (50 - 70 liters)
2. Compact sleeping bag.
3. Sleeping pad
4. Sturdy water bottles for 3-4 liters.
5. Headlamp/flashlight

Clothing: prefer non-cotton, light-weight clothing.

1. Hiking boots & sandals (nice to change into at basecamp but not necessary)
2. 2 pair Underwear & Socks - one for hiking one for base camp (please bring long socks to tuck your pants into to prevent ticks).
3. Hiking pants (important for ticks and rough terrain) & light pair of shorts/bathing suit.
4. Hiking shirt and Basecamp shirt
5. Rain Coat (and pants)
6. Fleece, long underwear, warm hat (nights can be chilly)
7. Hiking hat/cap
8. Sunglasses
9. Whatever makes you feel beautiful on Shabbat!

Accessories (We'll have plenty of soap and disinfectant, toothpaste, sunscreen, and bug spray. Best to rely on communal accessories in order to minimize pack weight.)

1. Toothbrush
2. Lightweight towel (optional - preferable not to bring a towel rather than a heavy one.)
3. Knife or multi-tool
4. Light Instruments
5. Mini Siddur, Book