

PACKING LIST

Clothing and Shoes

- 12 t-shirts (plus one white t-shirt)
- 2 long sleeved t-shirts
- 3 sweatshirts
- 1 fleece/light jacket
- 4 pairs of pants/jeans/sweatpants
- 8-10 pairs of shorts
- 16 pairs of underwear
- 16 pairs of socks
- 1 hooded raincoat/poncho
- 4 bathing suits (*see rules for clothing at camp*)
- 4 pairs of pajamas (1 warm)
- 2 hats
- 1 pair of rainboots
- 2-3 pairs of sneakers
- 2 pair of flip flops/pool shoes
- 1 pair of sandals/shabbat shoes
- Bras/sports bras

*See next page for specific clothing needs for out-of-camp trips

Shabbat

The following is appropriate for Shabbat.

- 4 collared/dress shirts (*polo or button down*)
- 2 pairs of khakis or similar style pants
- 2 pairs of khakis or similar style shorts
- 3-4 skirts/dresses with sleeves (*no spaghetti straps*)
- 2 sweaters/cardigans

Bedding

- 2 sets of twin sheets
- 2 pillowcases
- 1 pillow
- 2 blankets (1 light, 1 heavy)
- 2 laundry bags
- 4 shower towels
- 4 pool towels
- 1 sleeping bag
- 2-3 washcloths/face towels

Toiletries

- 1 plastic basket for toiletries
- 1 brush/comb
- 1 set of shampoo/conditioner
- 2 bars of soap
- 1 soap dish
- Toothbrush and toothpaste
- Sunscreen
- Bugspray
- Deodorant
- Plastic drinking cup
- Stain stick

Miscellaneous

- Small box to store smaller items
- Sunglasses
- Individual fan (*battery operated/clip on*)
- 2 large water bottles
- 2 Flashlights with extra batteries
- Stationary, pens, stamps, addresses
- 10 kippot with clips (*optional for girls*)
- Tallit & Tefillin for B'nai Mitzvah (*optional for girls*)
- 1 small backpack
- Spending money: *All campers should bring \$25 for optional spending money for day trips. Bogrim, Shoafim and Gesher should bring an additional \$50 for spending money specific to their trips. All money not spent will be sent home with campers on the last day of camp.*
- Feminine hygiene products

Optional

- Mattress Cover
- Hanging Bag/Organizer
- Slippers, Bathrobe
- Pool Goggles, Bathing Cap
- Camera
- Musical Instrument
- Books
- Athletic Equipment
(Baseball Mitt, Basketball, Tennis Racket)

ADD'L. PACKING LIST

YOM SPORT

For Yom Sport, our July 4th celebration, it is customary to dress up in festive **Red, White** and **Blue** clothing.

MACCABIAH

Please send your camper with t-shirt/clothing options for *Maccabiah* (Color War). Campers are placed on one of the following teams: **Red, White, Yellow** or **Blue**.

ADDITIONAL PACKING LIST OF OUT-OF-CAMP TRIPS

Notzitzim: If your child is currently in 3rd or 4th grade, these items will be needed for trips:

- Sturdy sneakers for walking/hiking

Tze'erim & Halutzim: If your child is currently in 5th or 6th grade, these items will be needed for trips:

- Sturdy sneakers for walking/hiking
- Water shoes with backs (no flip-flops or Crocs)

Bogrim: If your child is currently in 7th grade, these items will need to be packed for their overnight hiking trip:

- Sturdy sneakers or hiking boots*

Machon: If your child is currently in 8th grade, these items will need to be packed for the *Kav Reches* (hiking) program:

- Lightweight high-top hiking-boots*
- Water shoes with backs or old sneakers (no flip flops or Crocs)
- Polypropylene long underwear (one top and bottom) — non-cotton is best; poly/cotton blend is OK
- 2 pair wool socks or synthetic hiking socks
- 1 pair nylon or mesh shorts
- Wind pants (nylon or lightweight cotton) — NO SWEATPANTS or JEANS!
- Sleeping bag (non-cotton!) — best if rolls tight or stuffs small

*Please make sure the boots are made for HIKING, not work boots or street shoes. Boots should be comfortable and have good ankle support. (Boots should be broken in before camp!)

Shoafim: If your child is currently in 9th grade this summer, these items will need to be packed for the kayak trip:

- Closed-toed water shoes with backs (no flip-flops or Crocs)
- Quick-dry shirt (NO tank tops)

Gesher: If your child is currently in 10th grade, we will be sending a separate packing list prior to the summer.

ITEMS NOT PERMITTED:

Camp Ramah in the Poconos cannot guarantee, and is not responsible for, the safe return of expensive or breakable items. Please leave such items at home. The following are NOT permitted at camp:

- Computers or tablets
- Cell phones
- Smart watches
- Video cameras
- Electronic gaming devices
- Bicycles, skateboards, and scooters
- Guns or knives (toy or real) of any kind
- Fireworks/sparklers
- Water pistols, water guns, laser pens
- Balloons/latex items
- Weapons, including knives of any size or purpose
- Alcohol, cigarettes, e-cigarettes, marijuana, or any marijuana paraphernalia, vaping equipment, illegal drugs or controlled substances.