

Quantity	Description	✓
General apparel		
1	Sweatshirt	
1	Raincoat or poncho	
2	Blue athletic shirts for Maccabiah	
2	Yellow or gold athletic shirts for Maccabiah	
2	Sweatpants	
2	White tops/polos/dresses for Shabbat	
2	Nice skirts/shorts/pants for Shabbat (no tears)	
8-10	T-shirts	
6-8	Shorts	
2 pairs	Jeans/pants	
1-2 pairs	Sneakers	
1-2	Swimsuits	
1	Goggles (optional)	
1	Hat (not visor)	
14 pairs	Underwear	
14 pairs	Socks	
2	Pajamas	
Bed & bath		
1	Blanket for the dorm (XL) - NO sleeping bag	
2	Sets of twin extra-long sheets	
1	Pillow	
1	Flip flops or slides (for shower)	
1	Bathrobe/towel wrap (optional)	
3-5	Bath/beach towels	
2	Washcloths (optional)	
1	Shower caddy/toiletry bag	
	2 toothbrushes, toothpaste, hair brush, comb, soap/box, shampoo, deodorant, plastic cup, nail clipper, sunscreen, insect repellent, etc.	
1	Laundry bag with name	
Miscellaneous extras – as needed		
1	Water bottle with camper's name	
10	Stationery, stamps with pre-addressed envelopes	
	Black pens (for eLetters)	
	Hangers (optional)	
	Inexpensive camera (optional)	
	Flashlight and extra batteries (optional)	
	Set of extra eyeglasses/contacts/contact solution	

	Sunglasses	
	Books, magazines, non-electronic games, cards	
	<i>Kippah, tallit, etc. (optional)</i>	

Please identify your child's sport major and pack accordingly

Quantity	Description	✓
Basketball		
8	Basketball tank tops or t-shirts	
1-2 pairs	Basketball sneakers	
1 pair	Extra shoelaces	
1	Gym bag with camper's name	
Soccer		
8	Soccer jerseys or t-shirts	
6 pairs	Soccer socks	
1 pair	Shin guards	
1 pair	Athletic (outdoor) field cleats	
1 pair	Slides to walk to/from field	
1 pair	Extra shoelaces	
1	Gym bag with camper's name	
Tennis		
1	Visor or cap	
1-2	Tennis racquet with cover	
1 pair	Tennis sneakers	
	Optional wrist/headband	
1	Equipment bag with camper's name	
Lacrosse		
8	Lacrosse jersey or t-shirts	
1 pair	Athletic field cleats	
1	Lacrosse gloves	
1	Lacrosse stick	
1	Mouth guard	
1	Girls - goggles	
1	Boys - helmet with face shield	
1	Boys - shoulder and elbow pads	
1	Equipment bag with camper's name	

Swimming		
3	Swimsuits	
2	Swim goggles/caps	
4-6	Extra towels	
1 pair	Fins (highly encouraged)	
Baseball		
8	Baseball jerseys or t-shirts	
2-4	Baseball pants	
1	Baseball glove	
1	Baseball bat	
2	Baseball caps	
1	Batting helmet	
2-3	Athletic supporter with cup	
1	Sunglasses	
1 pair	Baseball cleats (either rubber or metal)	
1 pair	Extra shoelaces	
1	Equipment bag with camper's name	
Softball		
8	Softball jerseys or t-shirts	
2-4 pairs	Softball pants	
1	Softball glove	
1	Softball bat	
2	Softball caps	
1	Batting helmet	
1	Sunglasses	
1 pair	Softball cleats	
1 pair	Extra shoelaces	
1	Equipment bag with camper's name	
Cheer/Dance		
8	T-shirts/tank tops	
6	Pairs of shorts	
1 pair	Sneakers	
	Hair accessories (optional)	
Volleyball		
8	T-shirts/tank tops	
6	Pairs of shorts	

1 pair	Knee pads	
1 pair	Sneakers	
Golf		
1 set	Golf clubs	
8	T-Shirts	
6	Shorts	
Gymnastics		
8	Tight fitting shirts or tank tops	
6	Tight fitting shorts	
1 pair	Grips, if you use them already	