



Suggested Packing List

Please label ALL items with the camper's first and last name. We recommend packing your child in packing cubes or jumbo ziploc bags.

Quantity	Description	✓
General apparel		
2	Sweatshirt	
1	Raincoat or poncho	
2	Blue athletic shirts for Maccabiah	
2	Yellow or gold athletic shirts for Maccabiah	
1	Blue or white shirt for Israel Day	
1	Sweatpants	
2	White tops/polos/dresses for Shabbat	
2	Nice skirts/shorts/pants for Shabbat (no tears)	
8-10	T-shirts	
6-8	Athletic 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	Mesh laundry bag with name	
Miscellaneous		
1	Water bottle with camper's name	
1	Flashlight and extra batteries (required)	
10	Stationery, stamps with pre-addressed envelopes	
	Black pens (for eLetters)	
	Hangers (optional)	
	Inexpensive camera (optional)	
	Set of extra eyeglasses/contacts/contact solution	
	Sunglasses	
	Books, magazines, non-electronic games, cards	
	<i>Kippah, tallit</i> , etc. (optional)	

Please identify your child's sport major and pack accordingly

Quantity	Description	✓
Basketball		
1-2 pairs	Basketball sneakers	
1	Equipment bag with camper's name	
Soccer		
6 pairs	Soccer socks	
1 pair	Shin guards	
1 pair	Cleats	
1 pair	Slides to walk to/from field	
1	Equipment bag with camper's name	
Tennis		
1	Visor or cap	
1-2	Tennis racquet with cover	
1 pair	Tennis sneakers	
1	Equipment bag with camper's name	
Lacrosse		
1 pair	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 (encouraged)	
1	Equipment bag with camper's name	
Baseball		
2-4	Baseball pants	
1	Baseball glove	
1	Baseball bat	
2	Baseball caps	
1	Batting helmet	
2-3	Athletic supporter with cup	
1 pair	Baseball cleats (either rubber or metal)	
1	Equipment bag with camper's name	
Softball		
2-4 pairs	Softball pants	
1	Softball glove	
1	Softball bat	
2	Softball caps	
1	Batting helmet	
1 pair	Cleats	
1	Equipment bag with camper's name	
Cheer/Dance		
1 pair	Sneakers	
1	Equipment bag with camper's name	
1	Black Shirt (for performance)	
1	Black leggings/ sweatpants (for performance)	
	Hair accessories (optional)	
Volleyball		
1 pair	Knee pads	

1 pair	Sneakers	
1	Equipment bag with camper's name	
Golf		
1 set	Golf clubs	
6	Collared shirts	
1	Equipment bag with camper's name	
Gymnastics		
8	Tight fitting shirts or tank tops (or leotard)	
6	Tight fitting shorts	
1 pair	Grips, if you use them already	
1	Equipment bag with camper's name	