



2026 SUGGESTED PACKING LIST AND TIPS

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 rips)	
8-10	T-shirts	
6-8	Athletic Shorts	
2 pairs	Jeans/pants	
1-2 pairs	Sneakers	
1-2 pairs	Sandals for Shabbat (optional)	
1-2	Swimsuits	
1	Goggles (optional)	
1-2	Hat (not visor)	
14 pairs	Underwear	
14 pairs	Socks	
2	Pajamas	
1	Equipment bag or backpack with camper name <i>(depending on sport)</i>	
Bed & bath		
1	Blanket for the dorm (XL) - NO sleeping bag	
2	Sets of twin extra-long XL 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	
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, coloring books/pages	
	<i>Kippah, tallit</i> , etc. (optional)	

See next pages for suggested packing list for sports majors.

Please identify your child's sport major and pack accordingly

Quantity	Description	✓
Basketball		
1-2 pairs	Basketball sneakers	
Soccer		
6 pairs	Soccer socks	
1 pair	Shin guards	
1 pair	Cleats - Grass Fields	
Tennis		
1	Visor or cap	
1-2	Tennis racquet with cover	
1 pair	Tennis sneakers (hard court)	
Swimming		
3	Swimsuits	
2	Swim goggles/caps	
4-6	Extra towels	
1 pair	Fins (encouraged)	
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)	
Cheer/Dance		
1 pair	Sneakers	
1	Black Shirt (for performance)	
1	Black shorts/leggings/sweatpants (for performance)	
	Hair accessories (optional)	
Volleyball		
1 pair	Knee pads	
1 pair	Sneakers	
Gymnastics		
8	Tight fitting shirts or tank tops (or leotard)	
6	Tight fitting shorts	
1 pair	Grips, if you use them already	
Flag Football		
1 pair	Cleats - Turf Field	
6-8	Athletic shorts (<i>without pockets</i>)	
6-8	Athletic shirts/jerseys (<i>without pockets</i>)	
Softball		
2-4 pairs	Softball pants	
1	Softball glove	
1	Softball bat	
2	Softball caps	
1	Batting helmet	
1 pair	Cleats	
Lacrosse		
1 pair	Cleats (turf field)	
1	Lacrosse gloves	
1	Lacrosse stick	
1	Mouth guard	
1	Girls - goggles	
1	Boys - helmet with face shield	
1	Boys - shoulder and elbow pads	

Golf		
1 set	Golf clubs	
6	Collared shirts	

Packing Tips

- We **strongly** recommend using **bags with wheels and encourage you to only bring two bags (equipment bag is separate)**. We most frequently see campers bring one bag for clothing and another bag for bedding and towels.
 - Storage is available in the dormitories for bags.
 - Please do not bring plastic drawers or containers. Every camper will have plenty of closet and drawer space in their room.
- We recommend packing your child in packing cubes or jumbo ziploc bags. When packing, keep in mind that many of our campers like to change their clothes between morning and evening sports majors.
- Every camper receives a 6 Points Sports Academy T-shirt and water bottle upon arrival at camp. We do not sell clothing or other items at camp
- Laundry service will be provided once per session (plus Intersession as necessary). Campers must bring a mesh laundry bag with their name clearly marked on it.
- **All clothing, personal belongings, and sports equipment must be clearly marked with your child's full name** in indelible ink, woven name tapes, or specially designed stickers. [Label Daddy](#) is a company that has a great reputation with camps.
 - Initials do not suffice! Please use the packing list as a guide.
 - Every effort is made to reunite campers with their belongings before they leave camp. However, unmarked and unclaimed items will be donated to a local charity.
- Linens: send a blanket, pillow, two sets of sheets including pillowcases, and towels. The beds require twin XL size.
 - Although campers shower daily, sleeping bags may not be used in lieu of sheets; they may be opened for use as a blanket.
- Every camper must have a water bottle, hat or cap, and sunscreen.
- Dress at camp is casual and modest. Do not send valuable or sentimental clothing which your child would be very upset about losing.

Campers should not bring valuable electronics, watches, jewelry, or cash to camp. Please read the electronics policy in the Parent Handbook. These and any other items deemed inappropriate for camp will be confiscated. We reserve the right to search camper belongings. Camp is not responsible for any damage or loss of such items.

Dress Code

In an effort to emphasize suitable dress at camp, campers are prohibited from wearing clothing with inappropriate pictures or offensive sayings. Additionally, clothing should not be revealing and undergarments must not be visible. Shorts must be long enough to provide full coverage even when bent over; cut-off shorts must be long enough to cover the front pockets. In the

communal environment of camp, privacy is all the more important to us. We encourage members of our community to keep their undergarments under their garments so that we may all maintain this measure of personal privacy. ***If in doubt, go without.***

URJ 6 Points Sports Academy reserves the right to ask any participant to change their clothing at any time if it doesn't reflect camp's values and/or is inappropriate or unsafe for a given activity.

On Shabbat (Friday evening), campers are asked to wear a white shirt or blouse, along with nice (not torn) jeans, shorts or khakis, or a white, casual dress or skirt.

Footwear

As athletes, our footwear selection is crucial to our success in our sports. **Sneakers/closed-toe shoes must be worn at all times during the day for both campers and staff**, except for Friday night / Shabbat evening. For campers who wear cleats for their sport major, they should plan to leave them in their assigned locker room and wear other closed-toe shoes during the transition to sport majors. For campers who wear other specific shoes for their sport major, they should plan to wear other closed-toe shoes during the transition to sport majors and change into their athletic shoes when they arrive.

Crocs are considered open-toe shoes and are not allowed at camp for regular day-to-day use. Sandals, flip-flops, crocs, or other open-toed shoes may be worn on Friday night for Shabbat. Campers and staff are also discouraged from wearing high heels or platform shoes. Should your camper choose to participate in the swimming major or elective, they may bring sandals or flip-flops to wear between the locker room and the pool. **Campers who are not wearing the correct footwear will be sent back to their dorm with a counselor or staff member before participating in any sport major or elective.**

Food and Packages

Books, magazines, travel and card games, and puzzle books are great to bring to camp. We have many other suggestions as well. Please do not bring candy, gum, food, balls or any type of projectile. Additional items not allowed in the dorms include, but are not limited to: mini basketball hoops, bouncy balls, sport equipment balls, Nerf guns/balls, water balloons, squirt guns, Frisbees, Silly String, fireworks, etc. **All such items will be discarded. We do not allow outside food in the dorms.**

We do not accept packages at camp. If your child has forgotten something necessary for camp (e.g., soccer cleats) or needs something new (e.g., more sunscreen), you will be able to send those types of items after notifying us in advance at sportsnc@urj.org. All packages that do not receive permission are subjected to search, and any items that violate our policies will be discarded at the discretion of Camp Directors. Please remind grandparents and family members of this policy.

Laundry Service

Campers' laundry will be washed, dried, and folded once per session by a professional laundry service. Intersession campers will have an additional laundry service. While we strive to provide excellent laundry service, we strongly discourage campers from bringing expensive clothes or items that require special care. **Campers must bring a mesh laundry bag with their name clearly marked on it, which is also laundered.**

It is critical that *all* of your child's belongings are labeled with his/her first and last name on each article of clothing, linens, towels, and each piece of sports equipment and other belongings. Initials are not sufficient. Clothing can also be marked with a permanent marker.

Every effort is made to reunite campers with their belongings before they leave camp. However, unmarked, and unclaimed items will be donated to a local charity.