The list indicates the kind and quantity of items the average camper needs. Please use it as a guide. **Important! Everything has to be labeled with your camper’s name!**

- 2 blankets
- 1 pillow
- 4 twin-sized sheets
- 3 pillow cases
- 8 towels
- 2 wash cloths
- 1 bathrobe (optional)
- 1 pair of shower shoes/flip flops
- 1 pair of sturdy shoes for hikes
- 2 pairs of sneakers
- 3-4 bathing suits
- 12 pairs of socks
- 3 pajamas: 2 lighter, 1 heavier
- 4 pairs of jeans or pants
- 1 light colored, lightweight pair of pants for hikes
- 12 pairs of underwear
- 10 pair shorts
- 1 raincoat or poncho with a hood or rain hat
- 1 pair of waterproof boots
- 12 t-shirts
- 3 long sleeve shirts
- 2 white shirts for Shabbat (Campers wear a white shirt on Friday evenings.)
- 2 sweatshirts
- 1-2 hats
- sunglasses
- soap, toothpaste, shampoo
- comb or brush
- toothbrush and holder
- flashlight with extra batteries
- Laundry bag
- musical instrument (optional)
- reading material/quiet games
- posters/decorations for cabin
- pens / pencils
- digital camera (optional)
- pre-addressed postcards or envelopes
- writing paper and stamps
- softball glove (optional)
- sleeping bag
- sunscreen
- insect repellant (nontoxic preferred)
- 10 cloth based, two-ply masks
- Small mesh bag for washing masks

**Baggage:**

- Label all luggage (including sleeping bags and hand luggage) with two sturdy name tags—one inside and one outside the bag—showing your child’s name, address, and age.
- Please use suitcases and/or soft-sided duffel bags, no trunks.
- Be kind to the staff who will carry the luggage: avoid very heavy bags. Use multiple bags instead.

**Laundry:**

- Laundry service is provided once each week. It is not recommended for delicate, expensive, or never-before-washed clothing. Camp is not responsible for lost or damaged clothing.
- Younger children tend to run out of clothing a little faster; you may want to add to the above list.

**Leave at Home:**

- Prohibited: Fireworks, drugs, alcohol, cigarettes, matches, weapons, or other dangerous instruments. Cell phones, devices that have touch screens, large fans, appliances for heating food, knives, music with violent, sexual, or profane lyrics.
- Recommended to avoid: Hair dryers, jewelry, expensive clothing, expensive electronic games/equipment.
- Food or candy on Mainside: Food of any kind in not permitted on Mainside. Confiscated food will not be returned.
- Food or candy on Teenside: Permitted if it is nut and tree-nut free, kosher and if you bring an airtight storage container no larger than 27-1/8" x 16" x 6-1/4" h. **All** food items must fit in this container.

*Updated 5/2021*