



## WHAT TO BRING

As always, we do suggest you plan to dress in layers and bring rain gear just in case. We will not cancel an activity just because it is raining. Lighting Yes. USE COMMON SENSE when packing! If you do not have common sense, you may still have time to acquire some. Now on to...

### THE LIST:

- WATER BOTTLE/HYDRATION SYSTEM. Hikers are advised to bring at least two liters (three for all-day advanced hikes). Many hikes will not have places to fill up during the day, so it is essential to have enough. Anyone who does not have enough water may not be permitted on specific hikes at the leader's discretion.
- TOWELS (bring more than one in case they do not dry fast enough).
  - A towel and washcloth are included in the linen package only if you paid to rent the package during your registration by August 13<sup>th</sup>.
- SLEEPING BAG OR LINENS!!! -
  - Bedding Package Includes: blanket, sheets, pillow/pillowcase, towel, washcloth
    - You would receive a Bedding Package only if you paid for a rental package before August 13<sup>th</sup>.
  - If you are sleeping in a standard cabin, the beds are typical cot sized. Twin sheets should work.
  - If you are in an upgraded room, there are various-sized beds. Our volunteers will not be able to tell each individual what sized bed they have. So please do not ask. The best guess is bringing queen-sized sheets. If you have a smaller bed, you can tuck in the sheets a little more (There are very few queen-sized beds for couples).
- Pillow
- T-shirts. Suggest non-cotton wicking shirts if you have them.
- Long-sleeve shirt(s)
- Sweatshirt/Fleece/Insulating Jacket (synthetic material preferred). Two if you are prone to feeling cold.
- Shorts
- Long pants (non-cotton hiking pants preferred).
- Underwear/socks
- Sleeping clothes (Be nice to your roommates, bring them even if you do not normally wear them)
- Sneakers and flip-flops (think shower)
- Hiking boots
- Dancing shoes for the Saturday Night Dance.
- Rain gear (Top and Bottoms. Umbrellas do not work well hiking).
- Swimsuit
- Hiking Hat or Sun Hat
- Wool hat (if you get cold easy)
- Toiletries (Tip: pack in reusable containers or bring large size to reduce plastic packaging waste)
- Any needed medications
- Any needed food/snacks for particular conditions or allergies.
  - All food in the cabins must have a hescher (a sign of kashrut)
- Daypack or fanny pack for hikes
- Flashlight/headlamp & extra batteries
- Sunglasses
- Sunblock
- Bug spray or lotion
- Medical Insurance card
- Pocket Money/Credit Cards/ID



## Jewish Outdoor Escape 2022



### OPTIONAL:

- Bring a tent, air mattress, pad, and sleeping bag if you plan to camp.
- Camera/batteries
- Cell phone charger
- A power strip (so roommates can have enough outlets to charge phones and other electronics)
- Reusable lunch bag (think green and help save the environment)
- Reusable fork/spoon for lunches (think green and help save the environment)
  - Note: Outside utensils cannot be used in the dining hall per kosher rules, for bag lunches only
- Reusable snack and sandwich pouches (to replace plastic baggies while packing lunch)
- Musical instruments
- Songbooks
- Camp chair, pad, or beach blanket
- Compass/GPS
- Binoculars
- Earplugs (extras for your roommates if you snore)
- Nature guides for flora and fauna ID
- A small bag for shopping during excursions to town
- Your local Mosaic Club T-shirt -- show your local affiliation (but no rumbles with other chapters, please)
- Clothes for Shabbat
- Tennis racket and/or a baseball glove
- Yoga mat or sleeping bag for yoga/massage workshops
- If you are signed up for the bike ride:
  - Bike Shorts / Shirt
  - Riding Gloves
  - Bike Helmet (mandatory if bringing your OWN bike; if you are renting bicycles, the helmet will be provided, but you may want your own)
  - Bike Lock - there will be times you will need this on your bike trips.
- If you are signed up for Paddling:
  - Paddler's wallet/fanny pack: Wear a paddler's wallet or equivalent securely on your body. Please attach it to yourself but avoid anything around the neck. Think about what would happen if you were unconscious and needed help.

[A small waterproof container](#) that has a COPY of the following items below. Keep in mind that ANYTHING on the water WILL get wet, and ALWAYS it is possible to be lost. Water is a mighty force of nature. It does not matter how well you try; mother nature will always win.

- Driver's License (for ID). It can be expired.
- Medical Insurance Card.
- Emergency Contact Info
- List of medications/medical conditions/allergies
- Spare credit card
- \$20 to \$60 in cash (emergencies or small bills for the tip)
- [croakies/chums](#)/string to hold on to your glasses
- ALL non-cotton clothing for your paddle (Cotton KILLS on the water. Please no jeans)
- CLOSED TOED** water shoes.

### THINGS YOU SHOULD LEAVE AT HOME:

Please be aware this camp does keep kosher. Therefore, will be NO outside food allowed in the Dining Hall. Please keep all personal food items in your car, if possible. All food in the cabins must have a hescher (a sign of kashrut). Please respect their wishes - no fried pork rinds etc.

- ✓ Pets
- ✓ Expensive jewelry and high heels
- ✓ Perfume/cologne
- ✓ Firearms/fireworks
- ✓ Illegal substances