



## **CAMP RAMAH IN WISCONSIN**

### **1-Week Camper Packing List**

### **Ruach Ramah Mini Session**

**\*\*Make sure to label everything you pack!!\*\***

#### **Clothing**

- 6-7 underwear
- 6-7 socks
- 2-3 bras: regular, sport (if applicable)
- 7-8 t-shirts
- 2 long sleeve shirts
- 2 sweaters/sweatshirts (mix of lightweight and heavyweight)
- 5-6 shorts/pants (joggers, leggings, jeans, etc)
- 2 pajamas (1 warm)
- 2 modest swimsuits

#### **Toiletries**

- Toothbrush (in container) and toothpaste
- Brush/comb and hair accessories (hair ties, hair bands, etc)
- Shampoo, conditioner
- Soap (in container) or face/body wash and loofah
- Portable shower caddy (with holes for storage/transport)
- Deodorant
- Sunscreen
- Insect repellent, insect bite pain relief treatment
- Menstrual supplies (if applicable)
- Razor (if applicable)
- Orthodontic retainer (if applicable)

#### **Outerwear & Footwear**

- 3 hats (2 baseball caps, 1 winter beanie)
- 1 durable raincoat
- 1 fall jacket (warm)
- 1 pair rainboots or water-resistant shoes
- 1 pair athletic shoes (for sports)
- 1 pair sturdy walking shoes (think ropes course!)
- 1 pair flip flops or shower shoes

#### **Shabbat Clothing**

- 1-2 outfits
- 1 pair shoes

Shabbat adds an additional level of holiness to our community. Modest, nicer-than-everyday clothing is appropriate dress for Shabbat. We recommend button-down shirts, blouses, sweaters, skirts, slacks or dresses/rompers for Friday night. Many campers and staff choose to change into more casual clothing for Shabbat morning services.

#### **Other necessary items**

- 5 kippot and clips (required for boys, encouraged for girls)
- Flashlight and batteries
- Glasses or Contacts, plus solution and an extra pair (if applicable)
- Pens, stationary, stamps (pre-addressed, pre-stamped envelopes recommended)
- 2 water bottles
- 1 hanging shoe bag (to keep shoes off the floor and store other small items)

- 1 laundry bag
- Watch (inexpensive, non-smart watch)

Other optional items

- Sunglasses
- Bathrobe
- Slippers
- Lip balm
- Nail clippers, nail file
- Small fan
- Camera
- Sports equipment (baseball glove, swim goggles, tennis/pickleball racket)
- Books, games (card, board)
- Comfort items to make your bed/space feel like home (Pictures of loved ones, special pillow, fairy lights, etc)

Remember, you know your child best! This is a suggested list for what campers might need.

Important Packing List Notes:

\*Tank Tops/Jerseys - Tank tops and jerseys will be allowed for lunch and dinner on non-Shabbat days. Shoulders should be covered at all meals and tefillot on Shabbat and at morning services and breakfast on all other days.

**DO NOT BRING THESE ITEMS TO CAMP:**

- Cell phones
- Electronic devices with internet capability
- Guitar amplifiers
- Fireworks, laser pointers
- Inline skates, scooters and skateboards
- Silly String, water balloons
- Paint guns/water guns of any size
- Large boomboxes, televisions, DVD players and movies on DVD
- Any kind of cooking device (microwave oven, George Foreman grill, hot pot, sandwich maker) or other food items
- Refrigerators/mini-fridges
- Laptop computers
- Video cameras
- Walkie talkies
- Weapons of any kind including pocket knives
- Music with sexually explicit or violent lyrics
- Poker chips and gambling paraphernalia
- Fishing poles and other fishing equipment

These items will be confiscated and, if appropriate, donated to a shelter in the Eagle River area.