

TEVA ACHDOOT PROGRAM
REQUIRED CLOTHING AND EQUIPMENT LIST

Please bring clean but OLD clothing. New clothing may look like old clothing when the student returns from this trip! Mark all clothing and equipment with the student's name. **BE PREPARED FOR COLD NIGHTS AND RAIN!**

TO THE EXTENT POSSIBLE, please do **NOT** bring cotton clothes—they get wet easily. Instead, bring clothes made of wool, fleece or polypropylene.

It is a good idea to pack all of your clothing and sleeping bag in plastic bags, just in case it is raining when we arrive. **THERE ARE NO DRY SHELTERS UNTIL WE GET OUR TENTS PITCHED!!!** In addition, all bags should be on wheels; we schlep our bags to the campsite.

CLOTHING

1 sweatpants/sweatshirt for sleeping

3 t-shirts

3 long sleeved shirts (**1 of them thermal**)

4 pair underwear

2 sweatshirts (hooded are best)

3 pair long pants

1 **WARM** jacket (water repellent)

1 set long underwear (**A MUST**)

6 pairs socks—not cotton!!!
(long enough to tuck pants into)

Warm hat

Hat with a brim (**A MUST**)

2 pair gloves (**water repellent**)

Waterproof Shoes for hiking (sturdy)

Shoes for relaxing (***no canvas shoes or sandals***)

VERY IMPORTANT:

Rain gear (jacket/poncho and pants)

Kippah (required for boys/optional for girls)

EQUIPMENT

water bottle (32 oz. with a good seal)

WARM sleeping bag

Day pack (school backpack)

Toiletries: toothbrush, toothpaste,
soap, towel

Personal medications (labeled)

Pen and paper/small notebook

Flashlight and batteries

Sleeping pad/air mattress w/battery
operated air pump

Tissues

Optional equipment

sock liners

camera

sunglasses

bug repellent

book, deck of cards

wet wipes/"soapless" soap

extra plastic bags

warm scarf

hand warmers

bandana

pillow

THIS IS A NATURE EXPERIENCE. PLEASE DO NOT BRING ANY ELECTRONIC EQUIPMENT OR CELL PHONES. DO NOT BRING ANY FOOD; THERE WILL BE PLENTY TO EAT and we don't want to attract animals (bears, raccoons, mice) or bugs!