

Retreat Packing List

Clothing:

- ⤴ Sweaters or sweatshirts for evenings
- ⤴ Jeans or comfortable pants
- ⤴ Short or long-sleeved t-shirts
- ⤴ Warm pajamas
- ⤴ Underwear and socks
- ⤴ Sturdy walking shoes
- ⤴ Tennis shoes AND Shower shoes
- ⤴ **Casual, comfortable clothes are best for the Retreat. It will get cool at night so please pack appropriately.**

Bedding:

- ⤴ Sleeping bag, or sheets + warm blanket
- ⤴ Pillow and pillowcase

Toiletries:

- ⤴ Toothbrush/paste
- ⤴ Soap
- ⤴ Shampoo
- ⤴ Brush/comb
- ⤴ Tissues
- ⤴ Lip balm
- ⤴ Sunscreen
- ⤴ Towel
- ⤴ Any regular medication which you take on a daily basis. Please bring this in a ziplock bag with explicit instructions regarding usage.

Miscellaneous: Flashlight, water bottle, sports equipment and/or book for quiet time

For the sake of our community:

Please do not bring electronics of any kind as they distract students from their main objective of being at camp—to spend time with others, to enjoy Shabbat and to enjoy the outdoors.

Also, please do not bring any food into camp. We will have plenty of snacks regularly available. Food in the cabins attracts bugs and animals and may pose a health risk to students with severe food allergies.

TIOH will not be responsible for lost or damaged items.