

# Packing List

The following list, recommended for **ALL** campers, is based on careful thought and experience. It takes into account the climate and the fact that we will do laundry **TWICE a session**. Shelf space is limited, and extra clothing makes it difficult for the bunk to remain clean, organized, and uncluttered. Therefore, we ask that you abide by this list, making certain that ALL of your child's clothing and belongings are **labeled**

## EVERY DAY CLOTHING

This should be simple, casual, modest clothing that you won't mind getting dirty

- ☐ 14 pairs of underwear
- ☐ 3 sets pajamas
- ☐ 14 short-sleeved shirts
- ☐ 3 long-sleeved shirts
- ☐ 2 sweatshirts or light sweaters
- ☐ 10 pairs of shorts
- ☐ 3 pairs of jeans/long pants
- ☐ 1 medium weight jacket
- ☐ 1 white t-shirt for tie-dye

## SHABBAT CLOTHING

- ☐ 2 Shabbat outfits for Friday evenings
- ☐ 2 Casual mostly white t-shirts for Saturday mornings
- ☐ 2 Kippot (for boys)

## FOOTWEAR

- ☐ 14 pairs of socks
- ☐ 2 pairs tennis shoes (sneakers)
- ☐ 1 pair sandals/pool clogs/flip-flops
- ☐ 1 pair Rain Boots for rainy days (optional)

## BATH

Toiletries are different for boys and girls and for different ages; be sure to send enough toiletries to last the entire session.

- ☐ 3 bath towels
- ☐ Brush/Comb and hair ties
- ☐ Shower tote
- ☐ Toiletries including:
  - ☐ Toothbrush
  - ☐ Toothpaste
  - ☐ Soap
  - ☐ Shampoo

## SWIM/OUTDOOR GEAR

- ☐ 2 beach towels
- ☐ 3 swimsuits (one piece or tankini required for girls)
- ☐ Goggles
- ☐ Lots of sunscreen
- ☐ Insect repellent/After-Bite
- ☐ 2 hats (not visors)

## BEDDING

- ☐ 1 sleeping bag
- ☐ 1 blanket
- ☐ 1 pillow
- ☐ 2 sets of twin sheets/pillowcases

## LETTER WRITING

- ☐ Pens/pencils
- ☐ Postcards/stationary/stamps
- ☐ 1 bag to store letter writing materials and letters received

## EQUIPMENT

- ☐ 2 laundry bags
- ☐ 2 water bottles
- ☐ 1 Raincoat/Poncho
- ☐ 1 Flashlight with extra batteries
- ☐ Extra pair of glasses/contacts

## OPTIONAL ITEMS

- ☐ Camera
- ☐ Sunglasses
- ☐ Baseball Glove
- ☐ Tennis Racquet
- ☐ Books
- ☐ Comfort Item (stuffed animal, etc)
- ☐ Photos of family, friends, pets

# PACKING TIPS

Packing for camp is the start of your child's independent camp experience. Please have your child participate in packing for camp so that he/she knows where to find his/her clothing and other items. Campers who don't participate in packing often don't know what they have or where to find things at camp, which makes it harder to get acclimated to camp and to keep track of belongings

## Bags

We suggest duffel bags for packing. Once the kids are unpacked, it is much easier for us to store duffel bags than suitcases or bags with wheels. Bags will be inaccessible until the end of session. The best plan is to use two duffels: one for clothing and one for bedding and beach/bath towels. Please make sure that all of your camper's things fit **INSIDE** of the duffels and are not attached or tied to the outside.

**Please do not use hard trunks.**

## Labeling

Please label all items (even underwear and socks). We are not responsible for any lost items. If any found items have a name that is clearly marked (no initials), we will do our best to get them back to you. You may be billed for postage. To order labels, login to your [CampInTouch Account](#) and click on Camper Clothing Labels.

## What to Bring

We dress informally at camp; it is recommended that you do not buy or send new clothing for your camper. Simple, conservative and modest clothing is most appropriate.

## Shabbat Attire

Since Shabbat is a special time, we "dress up" on Friday evenings. **We ask that everyone bring nice plain white shirts for Friday night Shabbat.** Nice pants or skirts can be worn with the white shirt (pants/skirts do not need to be white).

## Swim Suits

In the trend of more revealing swimsuits, we require one piece swimsuits or tankinis for campers to promote modesty.

## Cell Phones

We continue to enforce a no-cell-phone policy at CYJ. When your child comes to CYJ, you (and they) take a leap of faith and transfer primary care from you, as parents, to our counselors. Children learn to trust other caring, well-trained adults who are concerned about their health and safety. Under the supervision of our staff, children learn, grow and become more independent. Temporarily suspending direct communication between parents and children while they are away at CYJ greatly enhances their development and reduces homesickness.

## Hygiene

For hygiene reasons, we do not allow campers to sleep in sleeping bags except on camp-outs. Pack enough personal items (soap, toothpaste, shampoo, batteries, stationery, stamps, etc.) to last the entire session.

## Sun Protection

It is a requirement that everyone in Camp has a hat for protection from the sun; a visor will not do it! Please include two water bottles. Be sure to send plenty of sunscreen with at least an SPF of 15.

## What NOT to Bring

Tight or revealing clothing—as well as clothes that advertise cigarettes, alcohol, sex or drugs—are inappropriate for the CYJ community.

## DO NOT SEND

Electronics (except a simple iPod (not Touch) or digital camera), Food, Valuables/Jewelry, matches, lighters, fireworks, candles, Silly string, slingshots. For campers traveling by air, electronic devices, cell phones, and travel documents will be held in the camp office safe.

## Bedwetting

Our staff is trained in how to handle bedwetting issues. They know that bedwetting can happen & staff is taught to be discreet in such cases. The staff ensures that the camper's sheets are washed while the campers are out of the cabin. If you anticipate a case of bed wetting, please pack one extra set of sheets.

## HAVE QUESTIONS?

Please call us at [224.235.4665](tel:224.235.4665)

Or email [info@cyjmid.org](mailto:info@cyjmid.org)