



capital camps
מחנות קפיטל

Rookie 2021 Packing List

Clothing

- 1 medium/lightweight jacket/fleece
- 1 raincoat/poncho
- 3 sweatshirts (1 heavy/fleece)
- 3 long-sleeved shirts
- 10-12 t-shirts (2/day)
- 12 pairs of underwear
- 12 pairs of socks
- 3 pairs of long pants
- 8 pairs of shorts
- 2 lightweight pajamas
- 1 heavyweight pajamas/sweats
- 2 bathing suits
- 1 hat/bandana
- 1 pair sneakers
- 1 pair shower shoes
- 1 pair shoes for messy activities & mud course
- 1 outfit for messy activities & mud course

Optional Items

- Swim goggles/ear plugs
- Flip flops/sandals for cabin & pool
- Books
- Journal
- Digital camera
- Battery-operated fan
- Croakies/eyewear retaining cord
- Screen-free music player

Linens & Toiletries

- Pillow
- Blanket
- 1 set of twin sheets w/pillowcase
- 2 beach towels
- 1 bath towel
- 1 hand towel
- Tissues
- Soap (in container)/ body wash
- Shampoo/conditioner
- 1 toothbrush
- Toothpaste
- Deodorant
- Feminine hygiene products
- Comb/brush
- Carrying device for toiletries
- Flashlight with extra batteries
- Labeled water bottle
- Sunscreen
- Insect repellent
- Laundry bag
- Washable masks - at least 14 double-layer cloth masks **OR**
- Disposable masks - at least 16
- Gallon-size Ziploc bag to hold used cloth masks

For Shabbat (Rookie B)

- White shirt/t-shirt
- Dressier shorts/pants
- White dress/skirt (optional)
- Kippah (optional)