

PACKING LIST FOR THE RETREATS

PLEASE BRING THE FOLLOWING ITEMS:

1. Bed and Bath Linens
 - a. there are no bed linens provided by the Center. You may bring a sleeping bag or sheets and blankets, pillow and pillowcase, towels.
2. Clothing – we will have activities out of doors no matter the weather.
 - a. A nice shirt or top for Shabbat
 - b. Warm clothes for outdoor activities at night.
 - c. Shoes (boots & sneakers) - Extra pair of shoes in case one pair gets wet
 - d. Lots of socks
 - e. Rain gear, Jacket, gloves, etc as needed
 - f. Extra clothes
3. Sports stuff - football, soccer ball, etc.
4. Re-usable place setting including plate, bowl, cup, utensils, so we can be environmentally sensitive
5. **SNACKS:**
 - a. **Last name A-L bring drinks**
 - b. **M-Z bring desserts or chips.**
 - c. **If you have food allergies please bring a snack and dessert that you can eat.**

PLEASE DO NOT BRING THE FOLLOWING ITEMS:

1. Extra food (except as may be assigned)
2. alcoholic beverages, cigarettes
3. electronic listening devices or ANY ELECTRONIC DEVICES
4. nice clothes (except shirt for Shabbat)
5. dress shoes and jewelry
6. money
7. anything that if you forgot or lost it would upset you or your parents.

ALL MEDICATION MUST BE LABELED WITH YOUR NAME AND ALL INSTRUCTIONS FOR ADMINISTERING IT.

Please call Lisa Pressman to discuss any medications that will need to be administered by our staff. **Children may not self medicate.**

- You must give all medications, both prescription and non-prescription, to Lisa Pressman upon arrival. This is to safeguard all students and to limit access to the medications to only those for whom it is intended.