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Camper Packing List

Visit our Smart Packing List [here](#) and for quick & easy shopping. We also have partnered with [REI](#) and receive a 5% commission on all sales!

*Every camper and family has different preferences for what they bring to camp, but we provide the following checklist to make sure your camper is as prepared as possible for all kinds of weather and activities. We've included links to examples of the types of clothing/items we recommend as a helpful guide. Keep in mind when shopping/packing for camp that there is likely to be significant wear-and-tear on your camper's belongings, especially while out on Masa. We encourage you to find used clothing and hand-me-downs where possible and please don't send your camper with irreplaceable items. **ALL ITEMS SHOULD BE LABELED CLEARLY.***

Clothing

- ☐ 10 short-sleeve shirts
 - ☐ Note: at least 3 should be non-cotton, such as [Dri-Fit](#) or [wickaway](#)
- ☐ 4-6 pairs of shorts (2 [non-cotton](#) for hiking/camping)
- ☐ 2 pairs of [non-cotton hiking pants](#) good for outdoor living (NOT sweatpants or leggings - mosquitoes bite through leggings)
- ☐ 2 warm fleece jacket or pullover
- ☐ 1-2 non-cotton long-sleeved shirts, such as Dri-Fit or nylon/lycra
- ☐ 2-3 hoodies/sweatshirts/sweaters
- ☐ 10-12 pairs of socks (5 non-cotton, wool or polyester)
- ☐ 10-12 pairs of underwear (3 non-cotton, such as tencel modal, wool)
- ☐ 5-7 bras/sports bras (if applicable; send bras that can withstand commercial laundry service)
- ☐ 2-3 pairs of pajamas, suggested wool or fleece for cold nights
- ☐ 2-4 Shabbat outfit(s)
 - ☐ white top/blouse for Friday night (e.g. sweater, shirt, dress)
 - ☐ nice pants or shorts
 - ☐ nice shirts with no writing or logos for Shabbat morning (not necessarily white)
 - ☐ dresses or skirts & blouses
- ☐ 1 waterproof and breathable rain jacket - Very important to get a good quality [rain jacket](#)!
- ☐ 1 bathing suit (no Speedos or bikinis; tankinis are okay)
- ☐ 1 non-cotton winter hat, wool recommended
- ☐ 1-2 baseball or sun hats

Footwear

- ☐ 1 pair of sneakers with good tread
- ☐ 1 pair of sandals or water shoes that can be secured to the feet (e.g. Tevas or Keens, not Crocs)
- ☐ 1 pair of shower shoes (flip-flops or Crocs okay for showers)
- ☐ 1 pair of hiking shoes or boots, broken in

- ❑ Note: not required for 1A or 2A Ilanot and Metaylim but do bring another pair of sturdy sneakers or trail running shoes

Toiletries

Please bring eco-friendly toiletries. We have soap and shampoo dispensers in all camper showers, and menstrual products available, so campers do not need to bring these, unless they prefer to bring their own.

- ❑ 1 bottle of non-aerosol insect repellent
- ❑ 1 bottle of non-aerosol sunscreen
- ❑ 1 comb or brush, 1 nail clippers
- ❑ 2 tubes of lip balm (the air is very dry!)
- ❑ 1 non-aerosol deodorant
- ❑ 1 toothbrush, toothpaste, & dental floss
- ❑ Menstrual hygiene products, if applicable
- ❑ 1 caddy to carry toiletries to the shower
- ❑ Hair ties (if applicable)
- ❑ Orthodontic retainer (if applicable)

Bedding and Linens

- ❑ 1 sleeping bag - compressible, under 4lbs, rated to be at least warm enough for 20°F (-7°C)
- ❑ 2 bath towels, 2 washcloths
- ❑ 1 pillow, 2 pillowcases
- ❑ 2 fitted, twin sheets - mandatory per Health Department
- ❑ 1 laundry bag with name label

Religious Items

- ❑ *Tefillin* and *Tallit/Tzitzit*
 - ❑ Note: campers over the age of *b'nai mitzvah* (12 or 13 years old) are **strongly encouraged** to wear *tallit* and wrap *tefillin*
- ❑ 3+ *Kippot* (with clips, if needed)
 - ❑ Note: required for all male-identifying campers at prayers & meals, encouraged for everyone

Miscellaneous

- ❑ At least 2 one liter water bottles – Essential!
 - ❑ Note: it is OK to bring additional water bottles to allow for more water storage or to carry a smaller bottle at times
 - ❑ Water bottles should be light and easy to carry for *masa* (excursions). It's ok to bring an insulated, Hydroflask style bottle to use at base camp, but you should bring Nalgene or Camelbak types to take on trips
- ❑ 1 headlamp, with extra batteries ([here](#) are some great picks)
- ❑ Digital watch - nothing with wifi capabilities
- ❑ Pens, stamps, stationery, address labels (pre-addressing envelopes is a huge help!)
- ❑ 1 day pack
- ❑ Extra glasses/contacts & solution
- ❑ Medication (see medication policy)

Required Gear for Solelim, Bogrim, Sayarim, and JOLI (incoming 7th-12th graders)

- ❑ 1 pair of light-weight, wool/nylon long underwear or fleece pants
- ❑ 1 pair of light-weight, non-cotton gloves
- ❑ 1 non-cotton [buff](#) (neck gaiter)

- ☐ 1 extra liter of water storage, totaling 3 liters (e.g. 3 one-liter water bottles or 1 Nalgene and 1 two-liter water bladder)
- ☐ For biking masa'ot: 1 pair of rain pants
 - ☐ Note: learn about factors to consider when buying, at the bottom of [this](#) article.

Bring It If You Have It (and Can Fit It!)

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| <ul style="list-style-type: none"> ☐ 1 twin blanket ☐ Appropriate books or magazines ☐ Disposable or non-wifi camera, memory card, and batteries ☐ Shabbat shoes ☐ Trekking poles ☐ 1 white shirt/bandana/socks for tie-dying ☐ 1 onesie/costume for Havdalah ☐ 1 pair of sunglasses (with strap) ☐ Ultralight spinning gear or flyfishing gear (for Bogrim campers if interested in fishing <i>masa</i>) | <ul style="list-style-type: none"> ☐ Compass ☐ Backpacking backpack (see FAQs) ☐ Quick-dry towel ☐ Appropriate games to play with friends (no Cards Against Humanity!) ☐ Climbing shoes ☐ Climbing or biking helmet ☐ Stuffed animal or object that reminds camper of home (parent's t-shirt?) |
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Packing FAQs

Click the question of your choosing, and it will take you to the response.

[Does my child really need all of the items listed above?](#)

[What's the best way to label clothing?](#)

[Why does the packing list emphasize non-cotton clothing?](#)

[Does my child need to bring a backpacking backpack, and if so, what size?](#)

[Why do hiking shoes need to be broken in before camp?](#)

[There are too many hiking shoe & sleeping bag options—HELP!](#)

[What's the difference between waterproof and water-resistant? Will the latter do for a rain jacket?](#)

[Does my child need a sleeping pad for masa?](#)

[My child wants to bring a knife to use on masa. Will you teach them how to use it?](#)

[What happens if my child loses something at camp?](#)

[Why is it requested for my child to bring eco-friendly toiletries?](#)

[Can you remind me of the dress code?](#)

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[Have additional questions?](#)

Packing FAQ Responses

Does my child really need all of the items listed above?

Yes, while your child will experience beautiful, 80 degree temperature days at base camp and on masa, your child may also be exposed to days of rain at high elevations, nights of sub-freezing temperatures, and high wind speeds. Please set your child and us up for success by sending your child with the gear they need to stay safe in less-than-ideal conditions. All gear is listed above, and [REI](#) has useful information on their website.

What's the best way to label clothing?

Label ALL of your children's belongings with their first and last names, not initials. Use sticker labels or iron-on labels to label EVERYTHING you send with your child (including the clothing they wear on the plane/bus, water bottles, flashlights, and shoes). The good old-fashioned permanent marker method often results in hard-to-read names or only initials, and you'd be surprised how many kids there are at camp with the same initials!

Why does the packing list emphasize non-cotton clothing?

In general, cotton is a bad choice to wear outdoors because it absorbs moisture. In sweltering heat, one may feel clammy and sticky, and in cold temperatures it can lead to hypothermia. Non-cotton means the clothing contains 0% cotton.

Non-cotton socks prevent blisters: we recommend wool or synthetic athletic socks (see [these](#) made by Hanes). Some people like to wear a pair of light synthetic liner socks underneath their heavier outer sock, but that's not necessary.

Non-cotton underwear prevents chafing: we recommend boxer briefs for all genders. Whenever possible, please send sport shirt/nylon/synthetic options.

Does my child need to bring a backpacking backpack, and if so, what size?

Every camper will need a backpacking backpack (frame and padded hip straps) for *masa*, and we can provide packs for every camper. However, a professionally chosen and fitted backpack will be far more comfortable for almost everyone. See [REI's guide](#) to choosing a bag, and the following table for our suggestions on bag capacity. These suggestions are based on average fitness levels.

Camper Weight X Age Group	< 100 lbs	100-150 lbs	> 150 lbs
Ilanot - Metaylim (3rd-6th)	35-50 liters	40-60 liters	50-70 liters
Sollelim - JOLI (7th-12th)	40-60 liters	50-70 liters	50-70 liters

Why do hiking shoes need to be broken in before camp?

Shoes/boots must fit properly and be broken in; otherwise, you risk your child developing painful blisters, leading to infection and/or inability to continue activities. To break in a new pair of shoes/boots, walk in them (and wear the socks you'll be wearing at camp)!

There are too many hiking shoe & sleeping bag options—HELP!

For hiking shoes, think about ankles & support: the amount of support needed from backpacking shoes decreases with ankle strength. If your child is generally active but does not play sports, they need a full backpacking boot (see [these](#)). If your child loves trail-running and has been hiking for miles with trail shoes and weight on their back, they may be ok with trail shoes (like [these](#)) on a backpacking trip. Only competent trail-runners, thru-hikers, and other athletes at that level of strength can safely try backpacking in minimalist shoes (e.g. Altras).

For sleeping bags, think about the traits of the bag: mummy vs side-sleeper, height of the bag (is your camper still growing?), synthetic vs down ([REI](#)), and if your child sleeps hot or cold. If the previous sentence is just mumble jumble, then here it is in plain English: Your child needs a mummy bag that can be stuffed into a stuff sack, weighs less than 4 pounds and is rated to 20 degrees.

What's the difference between waterproof and water-resistant? Will the latter do for a rain jacket?

Water-resistant is anything that's able to resist the penetration of water to some degree but not entirely. Waterproof is anything that is impervious to water, which is what you want as camp doesn't stop because of rain; so, it is important to be able to hike, bike, etc. while wearing a jacket that doesn't leave you drenched. We cannot overstate the importance of having a waterproof rain jacket. You can test the waterproofing on a jacket by having your child stand in the shower wearing a cotton shirt and the rain jacket with the hood up. Don't use hot water, as it can damage the jacket. If their shirt gets damp, either treat the rain jacket with a waterproofing treatment, per manufacturer's directions, or get a new jacket. Repeat until your child has a waterproof rain jacket.

Does my child need a sleeping pad for *masa*?

We provide [basic sleeping pads](#) for campers and staff. If you know your child needs more cushioning or warmth, consider buying them a sleeping pad that will last for years.

There are two types of sleeping pads:

- (1) Inflatable pads are more comfortable, insulating, and compact, and they come in various sizes ($\frac{3}{4}$ of one's height is adequate). Keep in mind that inflatable pads can be punctured by pine needles when sleeping outside, full length is more luxurious, expensive, and heavier.
- (2) Foam pads are less expensive, more durable, and won't be harmed by poky objects on the ground or in transit. Foam pads can easily be trimmed to the appropriate length.

My child wants to bring a knife to use on *masa*. Will you teach them how to use it?

Campers entering grades 7-12 may bring a folding pocket knife with a locking blade or multi-tool (leatherman) with a locking blade. Younger campers (entering grades 3-6) may be trained in knife skills using Ramah in the Rockies' knives. All knives must be turned in on the first day to counselors and will be given out before campers leave on *masa* (backcountry excursion), at their trip leader's discretion, after they pass our knife safety test.

What happens if my child loses something at camp?

Labels increase the likelihood that your child's belongings find their way home. We have a Lost & Found location outside the dining hall and encourage campers to check it often. We also do a "fashion show" at the end of each two week session where our oldest *edah* models the Lost & Found for the whole camp after a meal, returning as many Lost & Found items as possible.

Let's be honest, though – many items that are lost are never quite found! At the end of camp, we donate items worth less than \$25 to a local charity. For the cost of postage, paid by the family, we mail items worth more than \$25 if we can readily identify the owner.

Why is it requested for my child to bring eco-friendly toiletries?

Eventually, all chemicals that go down the drain or spill on the ground find their way back to our drinking water. As part of our constant efforts to Leave No Trace, we try our best to only use biodegradable, non-toxic toiletries.

Can you remind me of the dress code?

Sure can! See it here in our  Camp Handbook

What do people wear on Shabbat?

Friday night, we wear a white top, with either nice pants, shorts, or a modest skirt/dress. Saturday morning, we wear clothes with no writing nor logos. These range from t-shirts to polos to modest skirts and dresses. Your child is more than welcome to re-wear outfits or bring a different Shabbat outfit for each week they are with us.

Questions to keep in mind when shopping for camp

Is this going to be the only time your child participates in outdoor adventure activities, or is this a lifelong passion?

Is your child still growing?

Can you borrow equipment from a friend for a few weeks?

Have additional questions?

Email us at info@ramahoutdoors.org.