



GEAR LIST

Whether this is your first time coming to camp or your tenth summer away from home, there is always a sense of excitement and anxiety when it comes to packing and making sure that everyone has the “right” amount of gear and clothing.

We have written the following list as a guide and to help alleviate some of the anxiety that goes into getting ready for camp. Some of the information below is VERY technical and perhaps not of much use to you. Other aspects might be too terse and you would like to ask additional questions. Please do not hesitate to contact Rabbi Eliav or Douglas in the camp office with any questions.

For those who are new to buying outdoor gear, the entire enterprise can seem a little overwhelming. Indeed, there are hundreds of options for each piece of gear and almost no limit to the amount one can spend. Just remember: *more is not always better*. We have tried to demystify some of the choices in the gear section below. The information might be helpful to some but overwhelming to others.

Some things to consider when shopping for camp:

- Is this going to be the only time that your child engages in outdoor adventure or might this become a lifelong passion?
- Is your child still growing or will the shoes you buy in May no longer fit in August?
- Can you borrow equipment from a friend for a few weeks?

Please use the following list as a guide. Some *chalutzim* might choose to bring more of one item and less of another. Although we are a rustic outdoor camp, we subscribe to the motto: “dirt is clean but filth is dirty”. Please bear this in mind when packing for camp. **We will be doing a camp-wide laundry every two weeks. *Chalutzim* coming for a one or two week session should bring enough clothes to last them the whole time. *Chalutzim* coming for a month will be able to wash clothes once during their stay at camp.** While this might sound like a lot of clothes to pack, remember we are in the outdoors and when on an excursion one does not need to change their outer clothes each day. So long as one has clean socks and underwear one will be just fine.



PART I: GENERAL CAMP CLOTHES & ITEMS NEEDED AT BASE CAMP

Clothing

- 10 Short Sleeve Shirts
- 3 pairs of shorts—at least two must be made of nylon or other “quick-dry” material for hiking
- 1 pair jeans
- 1 pair quick dry pants (made from Nylon or similar material) to be used for hiking
- 1 pair long underwear
- 1 pair sweat pants or fleece pants
- 1 bathing suit
- 1 winter hat
- 1 baseball style hat
- 1 bathrobe
- 15 pairs of underwear
- 15 pairs of socks (at least 5 should be non cotton—detailed description below)
- 1-2 Shabbat outfits. Everyone must wear a white shirt on Friday night. Clothes must be clean and special for Shabbat. Pants, khaki style shorts are suitable for male campers. Modest dresses, skirts or pants are suitable for female campers.
- 1-2 sweatshirts/ light fleece pullovers
- 1 button down shirt

Toiletries

- 1 bottle of insect repellent – NO AEROSOL
- 1 bottle of waterproof sunscreen
- 1 comb or brush
- 1 toothbrush, toothpaste, floss in holder
- 2 bars of soap
- 1 soap dish
- 1 bottle shampoo



Bedding and Linens

- 1 WARM twin size blanket **or** one warm sleeping bag (detailed description below)
- 2 pillowcases, sets twin sheets
- 2 bath towels
- 1 laundry bag
- 1 pillow
- 2 face towels

Shoes

- 1 pair sneakers
- 1 pair beach sandals/ shoes that can be worn in the water. These shoes must be able to be secured to ones foot with a strap so that they will not wash away in a moving river or stream (e.g. Keen/Teva/Chaco sandals). Closed toe shoes (i.e. Keens) protect the toes better.
- 1 pair of shower shoes. PLEASE note that flip-flops may ONLY be worn near the tents and bath houses. Flip flops may not be worn during the day in the rest of camp.

Religious items (required for boys, optional for girls):

- *Talit* (for boys over 13)
- *Teffilin* (for boys over 13)
- *Kippot*

Optional

- Pens, Pencils, Stationary
- Books
- Camera/Film/Memory Cards
- Shabbat Shoes
- Sports Equipment/Musical
- Instruments



PART II: TECHNICAL GEAR NEEDED FOR EXCURSIONS AND SOME BASECAMP ACTIVITIES

Camping gear can be purchased at almost any outdoor store. Specialty stores such as EMS or REI will also have everything one needs. Online stores include Moosejaw.com, Backcountry.com and Campmore.com. Often high quality gear can also be purchased at non-gear stores like Costco, Target and BJs.

We are working to arrange for a group discount at an online vendor. Stay tuned for more information

Must Haves

1. **Hiking shoes/boots (1 pair)** - A pair of supportive shoes/boots that **fit properly** is the single most important piece equipment that you can bring to camp. Appropriate footwear not only makes everything safer but also more fun (no one likes blisters). A pair of breathable Light- to mid-weight hiking boots are ideal with very supportive trail shoes and full backpacking boots also being acceptable. It's best to break them in and make sure they fit by wearing them around before you get up to camp. Some examples (remember good fit is the main concern) would be:

- Vasque Breeze (available in 3 widths)
- Merrel Moab Mid
- Salomon 3D Fastpacker Mid
- Hi-Tec

2. **Socks (5 pairs)** - Light- or medium-weight merino (no itch) wool or synthetic blend (without any cotton) socks. Some people like to wear a pair of light liner socks underneath their heavier outer sock. When you are breaking in your boots it's worth wearing the socks you're going to wear. Some examples (in no particular order):

- Kirkland Signature Outdoor Trail Socks (medium-weight wool blend, fabulous price)
- Wigwam Trail Mix Fusion (Synthetic blend)
- Smartwool Hiking medium Crew (medium-weight wool blend)
- REI Merino Wool Light Hiker II (light-weight wool blend)
- Wigwam Gobi Liners (light liner socks)



3. Sleeping Bag - A compact/lightweight 30-40 °F down or synthetic sleeping bag. While each manufacturer has its own rating system, many of the leading manufacturers now also publish standardized EN-ratings. These ratings are a good way to compare different sleeping bags and are much more reliable than the temperature that appears in the name. The temperatures that appear in the name are essentially just marketing, but as no two people are physiologically identical even En-ratings are just a guide (females look at t-comfort, males look at t-limit). There are pros and cons to both down and synthetic but basically down is more compact, lighter, and can last multiple decades. Whereas synthetics are less expensive, better in wet environments, and typically last several years. Sleeping bags are usually sized by height (Kids/Youth – up to 5' & 5'6", Adults – up to 6' & 6'6") and there are also a growing number of women's specific (up to 5'6", 5'8", & 6') models. These women's specific tend to be sized differently and be a little bit warmer but sleeping bags are still really unisex items. If you are borrowing a sleeping bag from friends or family please remember that synthetic insulation loses its value over time especially if it has been stored tightly stuffed. Bigger **isn't** better, so please bring one that is compact/lightweight (under 3 lb), an appropriate size, and temperature rating. Here are some examples:

Product Name	Category	Sizes	Temperature ratings °F
Marmot Never Winter	Down, Mummy	6' & 6'6"	t-comfort (female): 41.4 t-limit (male): 32.4
Mountain Hardwear Lamina 35	Synthetic, Mummy	5'6", 6', & 6'6"	t-comfort (female): 41 t-limit (male): 32
Marmot EcoPro 30 (good for cold sleepers)	Synthetic, Mummy	5', 6' & 6'6"	t-comfort (female): 35.4 t-limit (male): 25.5
Kelty Women's Light Year Down 20	Women's Down, Mummy	5'6" & 6'	t-comfort (female): 32 t-limit (male): 21
REI Lumen +25 Youth	Youth's Synthetic, Mummy	5'6"	(EN-ratings don't exist for Youths so by the Adult version) t-comfort (female): 36 t-limit (male): 25

4. Rain jacket – A waterproof/breathable rain jacket. The fabrics used in these jackets aim to keep rain out while allowing perspiration to escape. As a trip doesn't



stop simply because it is raining, it is important to be able to hike while wearing your rain jacket without getting drenched in sweat. While there are many different proprietary laminates, the differences are mainly in how they balance: breathability, waterproofness, and durability. In general 3-layer fabrics (such as the current gold standard Gore-Tex Pro Shell) are the most durable and water"proof" but they are also the most expensive and can be a bit heavier. 2 or 2.5 layer fabrics (such as Precip, HyVent, Conduit DT, etc.) tend to be less expensive, more compact, and have similar breathability. The lightest and least durable option but also by far the least expensive are the so-called porous fabrics (such as Frogg Toggs). Finally, while a decent quality-lightweight poncho (no dollar store poncho in a ziploc, please) are perfectly fine for backpacking if you're interested in water-based trips please get a jacket. No ponchos.

- Marmot Precip (2.5 layer)
- Patagonia Rain Shadow (2.5 Layer, with pit zips)
- Marmot Exum (Gore-Tex Pro Shell, full features)
- Frogg Toggs Pro Action (porous, usually sold as jacket pants combo at fishing stores)

5. Water container - A water bottle or hydration bladder (like a camelbak) that can hold 1 -1.5+ Quarts (32 - 48+ Oz) to be used both at camp and on trip. If you elect to go with a bladder please make sure you have a way to carry it around camp.

6. Sunglasses with strap

Nice to Have

1. Rain Pants-- While it is important for a jacket to be waterproof and breathable, this is less important when it comes to rain pants. A pair of rubber rain pants from Target will suffice, unless you would prefer to spend the extra and buy some sort of coated nylon pants or even goretex pants.
2. Hiking Shirt-- made from Quick Dry material
3. Warm gloves - lightweight gloves/mitts to take the chill off cool mountain nights
4. Backpack - 40 to 60 L (2400-3600 cubic inches)
5. Dry Bags/Compression Sack
6. Small Camera



7. Sleeping pad – A 3-season foam or self-inflating sleeping pad. Manufacturers design and test their sleeping bags assuming the use of an appropriate sleeping pad. Far more important than the cushioning they provide, a pad gives crucial insulation (expressed as an R-value) underneath you where your sleeping bag isn't very effective. Self-inflating pads are more comfortable, more insulative and significantly more compact whereas foam pads are less expensive and more durable. Self-inflating pads come in various sizes (3/4 of your height is adequate, full length is more luxurious/expensive/heavier) and foam pads can usually be trimmed to the appropriate length. Finally pads that require pumping are making a comeback but for summer-use they are overkill in both price and warmth while being less durable.
- a. Thermarest Z-lite (51", 72")
 - b. Thermarest Prolite (36", 47", 72", Women's (slightly warmer) - 66 in)

Bring it if you have it:

- Trekking poles
- Any interesting items of gear (non-electronic), maps, books that you think might come in handy, that you'd just like to bring for show and tell, or that you might want to learn more about
- Compass
- Folding pocket knife with locking blade or Multi-Tool (Leatherman)
- Quick-dry towel
- Climbing shoes
- Riding helmets