

Clothing:

- 10-15 short-sleeve shirts
- 4-5 pairs of shorts—at least two must be made of nylon or quick-dry material (if your child gets dirty easily, send more) No "Short Shorts"
- 2-3 pair of jeans/pants
- 2-3 pair of quick dry pants (recommended, but not required)
- 2-3 pair of sweatpants or fleece pants
- 2-3 bathing suits (no bikinis please, tankinis are ok)
- 1 winter hat
- 1 baseball cap or sun hat
- 15 pairs of underwear
- 15 pairs of socks—(At least 1 pair should be non-cotton)
- 1-2 Shabbat outfits—On Friday night, everyone must wear a white shirt or top. Clothes should be clean and special for Shabbat. A white polo, button up or blouse with pants, khaki shorts or modest skirts or dresses are all suitable.
- 2-3 sweatshirts or light fleece pullovers
- 1-2 long sleeve shirts
- 1-2 warm fleece jacket (the temperature will fall to the high 40s on some nights)
- 1 warm (winter) jacket
- 1 rain jacket

Toiletries:

- Pajamas
- 1-2 bottles of sunscreen
- 1 comb or brush
- 1 toothbrush
- 1 tube of toothpaste
- 1 container of floss
- 1 bar of soap and soap dish
- 1 tube of lip balm
- Feminine hygiene products, if applicable
- 1 caddy or bag to organize toiletries —Please note, each day we empty the showers of any bottles of soap, tubes of toothpaste etc. and put them in the lost and found. A caddy greatly increases the chances of your child bringing all this back with them to their room from the showers.

Bedding and Linens:

- 1 warm, packable sleeping bag
- 2 pillowcases
- 1 pillow
- 2 sets of twin sheets (for campers staying a full month)—1 sheet for 2 week & 1 week campers
- 3 bath/pool towels
- 2 face towels
- 1 laundry bag

- IF SPACE PERMITS: 1 twin blanket

Shoes:

- 1 pair of sneakers
- 1 pair of sandals/water shoes that can be secured to one's feet (Tevaz or Keens, not Crocs)
- 1 pair of shower shoes—please note: flip-flops may ONLY be worn for showering

- 1 pair of hiking shoes/boots (Required for the Adventure Sports Track, optional for all other campers)
- Please leave your high heels at home

Religious Items:

- *Tallit* or *tzitzit* (required for boys over 13, highly encouraged for girls over 12)
- *T'fillin* (required for boys over 13, encouraged for girls over 12)
- Kippot (required for all boys, encouraged for girls at daily prayers and during meals)

Miscellaneous:

- 2 water bottles/water bladders (at least 20oz. each)
- Flashlight/headlamp (don't forget the batteries)
- Envelopes and paper or postcards
- Pre-printed address labels or an address book (for younger campers, labels are easiest)
- Postage stamps
- Pen or pencil
- Sunglasses with strap
- Day pack to carry water bottle, rain jacket, etc. around camp.
- Laundry bag

Bring it if you have it (and can fit it!):

- Appropriate books or magazines
- Camera, memory card, & batteries
- Shabbat shoes
- Bug Spray
- End-of-bed shoe bag
- Dry Bag/Compression Sack

Specialized Equipment (Optional):

Ocean Exploration:

While the staff is vigilant about making sure kids use sunscreen for the outdoor activities, that for those particularly sensitive to the sun should consider bringing sun protected water shirts and pants. Be sure to pack a sun hat for kayaking. If you have space, consider packing an extra towel and/or bathing suit, as our ocean exploration campers spend a lot of time in and out of the water.

Optional Equipment:

- Wet Suit
- Quick-dry towel
- Sun protected water shirt
- Sun protected water pants

Performing Arts:

For those who play instruments we have pianos, drums, and a limited number of guitars available for camper use, but we have found that the familiarity of one's own instrument often creates amazing music. We have a special place to store instruments for those not interested in keeping it in their room.

Optional Equipment:

- Instrument

Adventure Sports:

All campers in Adventures Sports should pack hiking shoes as well as a **warm** sleeping bag for the *masa* (overnight trip). We will provide all the necessary safety equipment for the adventure sports track, but also understand that climbing in tennis shoes, or barefoot is not ideal. We have climbing shoes available. If you have a pair of climbing shoes for outdoor use that you would like to bring we welcome it.

Optional Equipment:

- Riding shoes (hiking shoes also work well for this)
- Climbing shoes
- Dry Bag/Compression Sack for sleeping bag
- Mosquito repellent

Portable Electronics

Each year we are asked whether a camper can bring a Kindle, Nook, iPod, or other device to camp. In order to deepen friendships within our intentional and immersive camp community and to connect with the sounds of nature, Camp Ramah in Northern California has a no-screen policy at camp in order to foster community and maintain a special camp environment. While we do encourage campers who are flying to camp to bring a cell phone for their travel day, all portable electronics are collected for the duration of the campers' sessions. Having a break from electronic devices can be an incredibly enriching experience for your child!

Electronic games, DVD players, cell phones, tablets, e-readers and other electronic devices that connect to internet or cell service are not allowed. While **we discourage campers from bringing MP3 players**, we understand that some rely on these devices to relax or to learn their Bar Mitzvah portion. Feel free to reach out to camp staff to answer any questions about how to best prepare your child for camp in regards to electronics or any other subject.

Please note that Camp Ramah in Northern California assumes no responsibility for your children's electronics, unless they are turned in to the office on the first day of their session. Any MP3 players, kept by campers for their use in their rooms is solely at their own risk.

Money

Campers need only bring a small amount of spending money if they are traveling without their parent or guardian to camp. The only items a camper may buy during their time at camp are treats at the airport on travel days and camp gear. We do **not** operate a 'canteen' at Camp Ramah in Northern California for snacks or supplies. Fresh fruit and other snacks are freely available throughout the day.

We sell camp sweatshirts, sweatpants, onesies, kippot, and hats. **All campers will be sent a T-shirt before camp begins that they should wear on travel days**, and additional shirts can be purchased for \$10 each at camp. There is no need to bring money on any excursions, as all meals and snacks are provided by camp. If you would like to authorize your camper to use your credit card on file to purchase regalia items, please contact our office manager during the summer at summeroffice@ramahnorcal.org or (415) 688 4572 x0.