

SHMA

A FAMILY OF CAMPS



Anna Heller & LISHMA Packing List

Please be sure that her clothing corresponds with the tznius guidelines.

Anna Heller, Heller CIT's, & LISHMA:

- ★ Skirts must cover the knees
- ★ Shirts must cover elbows and collarbone, i.e. no scoop neck or v-neck shirts
- ★ Socks that cover the ankles must be worn at all times.
- ★ No bare feet, pedis, or tennis socks are allowed.
- ★ Robes/cover-ups worn to the pool or lake must offer proper coverage.
- ★ Only 1-piece bathing suits or full length tankinis may be worn.

__ 18 pairs underwear __ 24 pairs socks __ 11 shirts or blouses __ 8 skirts that cover knees __ 3 Shabbos outfits __ Shabbos shoes __ 3 bathing suits __ bathing cap __ bathrobe that covers knees __ swimming slippers __ 2 pair light pajamas __ 2 pair warm pajamas __ 3 hooded sweatshirts __ 2 pairs leggings that meet socks- for hikes NO capris	__ water shoes- that won't fall off for TMR trip __ Tisha B'Av shoes if needed __ rain boots __ poncho or raincoat __ cover-up for TMR Trip must have ¾ sleeves and cover knees __ white shirt for tie-dyeing __ sturdy walking shoes __ sneakers [may be ruined] __ cap or hat __ sleeping bag __ warm quilt/blanket __ 2 sheets __ 2 pillowcases __ 3 bath towels __ 3 hand towels __ laundry bag	__ Siddur __ sunscreen __ box of tissues __ liquid soap __ bar soap __ body wash __ shampoo, conditioner __ toiletry bag or basket __ hair accessories __ sanitary supplies __ comb, brush __ toothbrush, toothpaste __ plastic or metal cup __ nail clipper __ deodorant __ passport (Mandatory for LISHMA Trip 2 only)
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Misc. Optional Items:

__ games __ books	__ stationery, pen __ money __ waterproof watch	__ stamps __ pencils	__ camera /charger __ bug repellent	__ flashlight and batteries __ hairdressing accessories __ backpack
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