



LISHMA Packing List

Please be sure that clothing corresponds with the tznius guidelines below:

These Tznius Guidelines are for All Girls completing 10th grade:

- ★ Socks must cover your ankles and must be worn at all times.
- ★ If leggings are worn, socks must cover the bottom of the leggings.
- ★ Skirts must meet your socks at all times.
- ★ Hemlines must be long enough to generously cover the knee at all times (even when wearing leggings.)
- ★ Slits must be machine sewn to below both the front and back of the knee.
- ★ Shirts must be cut generously to meet the skirt even when bending or raising one's arms.
- ★ Sleeves must be long enough to cover the elbows completely, even when reaching or playing sports of any kind.
- ★ The necklines on all blouses and shirts must be round and high enough to cover the collarbone.
- ★ V-neck tops or any other tops that have wide necklines may **not** be worn without a shell underneath.
- ★ Robes worn to the pool and lake must offer proper coverage.
- ★ Only one-piece bathing suits are allowed.

__ 18 pairs underwear __ 24 pairs socks __ 11 shirts or blouses __ 8 skirts that cover knees __ 4 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 white water rafting/rappelling trip __ Tisha B'Av shoes if needed __ rain boots __ poncho or raincoat __ cover-up for water trip must have ¾ sleeves and cover knees __ white shirt for tie-dyeing __ sturdy walking shoes __ sneakers [may get ruined] __ cap or hat __ warm quilt/blanket __ 2 sheets __ 2 pillowcases __ 3 bath towels __ 3 hand towels __ laundry bag	__ Siddur __ sunscreen __ box of tissues __ liquid 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: stationary, pen, spending money for trips, stamps, backpack, camera/charger, bug repellent, flashlight & batteries, hair accessories