



# LISHMA 2.0

## CLOTHING LIST



*At LISHMA we strive to uphold tznius standards throughout the summer. Please send clothing that fully meets the guidelines below.*

Please be sure that clothing corresponds with the tznius guidelines.

### Tznius Guidelines

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

### Clothing, Footwear & Essentials

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• 18 pairs underwear</li> <li>• 24 pairs socks</li> <li>• 11 shirts or blouses</li> <li>• 8 skirts that cover knees</li> <li>• 4 Shabbos outfits</li> <li>• 3 bathing suits</li> <li>• Bathing cap</li> <li>• Bathrobe that covers knees</li> <li>• 2 pair light pajamas</li> <li>• 2 pair warm pajamas</li> <li>• 3 hooded sweatshirts</li> <li>• 2 pairs leggings that meet socks (hikes — NO capris)</li> <li>• Black sweatshirt for tie-dyeing</li> <li>• Cap or hat</li> </ul> | <ul style="list-style-type: none"> <li>• Shabbos shoes</li> <li>• Stockings for Shabbos</li> <li>• Swimming slippers</li> <li>• Sneakers (may get ruined)</li> <li>• Sturdy walking shoes</li> <li>• Water shoes that stay on your feet for lazy river (old sneakers work best — backless not permitted)</li> <li>• Rain boots</li> <li>• Tisha B'Av shoes if needed</li> <li>• Poncho or raincoat</li> <li>• Warm quilt or blanket</li> <li>• 2 sheets</li> <li>• Pillow &amp; 2 pillowcases</li> <li>• 3 bath towels</li> <li>• 3 hand towels</li> <li>• Laundry bag</li> <li>• Sleeping bag for overnight</li> </ul> | <ul style="list-style-type: none"> <li>• Siddur</li> <li>• Sunscreen</li> <li>• Box of tissues</li> <li>• Liquid soap</li> <li>• Body wash</li> <li>• Shampoo &amp; conditioner</li> <li>• Toiletry bag or basket</li> <li>• Hair accessories</li> <li>• Sanitary supplies</li> <li>• Comb, brush</li> <li>• Toothbrush &amp; toothpaste</li> <li>• Plastic or metal cup</li> <li>• Nail clipper</li> <li>• Deodorant</li> </ul> |
|--|---|--|

**FOR PUMPED PERFORMANCE: 1 Black Panel Skirt (just below knee) | Black Shell | Black Leggings**

### Optional Items

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Stationery / pen</li> <li>• Spending money for trips</li> <li>• Stamps</li> <li>• Backpack</li> </ul> | <ul style="list-style-type: none"> <li>• Camera &amp; charger</li> <li>• Bug repellent</li> <li>• Flashlight &amp; batteries</li> </ul> | <ul style="list-style-type: none"> <li>• Hair accessories</li> <li>• Waterproof watch</li> </ul> |
|--|---|--|

*While we make every effort to return lost items, SHMA Camps is not responsible for any personal belongings. Please label everything clearly with the camper's name. We strongly recommend not bringing expensive or sentimental items to camp. At the end of the summer, all unclaimed items will be donated to charity or discarded.*