



## Packing Information

The following information is meant to serve as a guide and help answer any questions about what your child should bring to camp. We encourage you to use your best judgment about your child's needs in helping them to pack thoroughly, yet efficiently. It is critical that you write your child's name on all clothing and linens. Camp is not responsible for lost or damaged items.

### Laundry Service

We provide laundry service to all campers once per session. **Your child should bring enough clothes to last 2 weeks**, keeping in mind that they will usually wear 2 outfits daily (one for Core Sports and one after showering.)

While we strive to provide excellent laundry service, we strongly discourage campers from bringing expensive clothes or items that require delicate or special care.

### Shabbat Attire

On Friday evening of our Shabbat celebration, all campers and staff members are asked to dress in a clean, white shirt (polo, t-shirt, button down, etc.). Please note that you do not need to purchase *new* clothes for Shabbat; any clean, white top will suffice. Pants, shorts, and skirts do not need to be white.

### Sports Equipment, Clothing, and Footwear

Campers will spend about 4 hours each day at their core sport, so it is essential that they have comfortable, appropriately fitting clothes for their sports. Shoes and cleats brought to camp should be broken in to ensure proper comfort and fit.

### Items to Leave at Home

- Clothing with inappropriate logos or words such as references to alcohol, drug, or profanity
- Weapons of any kind
- Food, candy, gum
- Cell phones, personal video gaming devices, any internet- or cellular-capable device (see Electronic Policy in Parent Handbook for details)

### Bedding

**Campers who are traveling to camp by car are encouraged to bring their own bedding.** Mattresses at camp are Twin XL (39" x 80"). In addition to a fitted sheet, campers should bring a top sheet and blanket, or a sleeping bag if they prefer. See packing list below for specifics.

For campers who are traveling by air, camp can provide a linen package at no additional cost. The linen package includes: two flat sheets, blanket, pillow, pillowcase, towel and washcloth. The linen package **does not** include a fitted sheet. **We encourage you to pack a fitted sheet** even if your child is flying.

### Forgotten Items

If your child forgot an item, you can mail it to camp. Clearly label the box with "forgotten item" and we will deliver it to your child.

### Eye Care

If your child wears glasses or goggles, please send them with extras, as these items are occasionally broken or misplaced at camp.

### Weather

The average daytime temperature at camp ranges from the mid-70's to the high 80's. It can be cooler in the evenings with the temperature dropping into the 60's.



# MACCABI SPORTS CAMP

## General Packing List for All Campers

*Campers will have laundry service mid-session. All items must be labeled with your child's name.*

CLOTHING		
Quantity	Item	<input checked="" type="checkbox"/>
2-3	Sweatshirt or fleece	<input type="checkbox"/>
1	Windbreaker or light jacket	<input type="checkbox"/>
8-10	T-shirts [quantity <b>does not include</b> Core Sports shirts*]	<input type="checkbox"/>
2-3	Long-sleeve shirts	<input type="checkbox"/>
2	Sweatpants	<input type="checkbox"/>
2	Jeans or pants	<input type="checkbox"/>
4-5	Shorts [quantity <b>does not include</b> Core Sports shorts*]	<input type="checkbox"/>
1-2	Pajamas/sleepwear	<input type="checkbox"/>
1-2	Swimsuits & goggles if desired	<input type="checkbox"/>
8-10	Underwear	<input type="checkbox"/>
8-10	Pairs of socks	<input type="checkbox"/>
1-2	White garments for tie-dye (100% cotton is the best for tie-dye)	<input type="checkbox"/>
1-2	White top for Shabbat (polo, button down, t-shirt, blouse, etc.)	<input type="checkbox"/>

\* See Core Sports Packing List (pages 5-8) for sport-specific clothing & equipment.

SHOES		
Quantity	Item	<input checked="" type="checkbox"/>
2-3	Sneakers*	<input type="checkbox"/>
1	Flip-flops (for pool, showers, and dorm use)	<input type="checkbox"/>
1	Sandals (optional, for wearing around camp)	<input type="checkbox"/>
1	Shabbat shoes (optional)	<input type="checkbox"/>

\* See Core Sports Packing List (pages 5 & 6) for sport-specific shoes



TOILETRIES		
Quantity	Item	<input checked="" type="checkbox"/>
1	Shampoo	<input type="checkbox"/>
1	Body wash or soap with soap dish	<input type="checkbox"/>
1	Deodorant	<input type="checkbox"/>
1	Toothbrush & toothpaste	<input type="checkbox"/>
1	Comb or brush	<input type="checkbox"/>
	Glasses or contact lenses	<input type="checkbox"/>
	Feminine hygiene products	<input type="checkbox"/>

- If your child wears eye-glasses or contracts, be sure they have an extra pair
- We encourage campers to bring a shower caddy to make it easy to carry toiletries between room and bathroom

BEDDING & LINENS		
Quantity	Item	<input checked="" type="checkbox"/>
1-2	Twin XL sheet set (fitted & top sheet)	<input type="checkbox"/>
1	Blanket (twin size) or Sleeping bag	<input type="checkbox"/>
1	Pillow	<input type="checkbox"/>
1	Pillow cases	<input type="checkbox"/>
2	Bath Towels (for shower use)	<input type="checkbox"/>
1	Beach Towel (for pool use)	<input type="checkbox"/>
1	Shower caddy (bathrooms down the hall)	<input type="checkbox"/>
1	Laundry bag	<input type="checkbox"/>

- For campers who are flying to camp or cannot provide their own bedding, camp can provide a linens package at no additional cost

<b>ADDITIONAL ITEMS</b>		
<b>Quantity</b>	<b>Item</b>	<input checked="" type="checkbox"/>
1-2	Water bottle (don't forget your Camp water bottle!)	<input type="checkbox"/>
1	Bottle of sunscreen	<input type="checkbox"/>
1-3	Hat with brim for sun protection	<input type="checkbox"/>
1	Bathrobe (optional; bathrooms are located down the hall)	<input type="checkbox"/>
1-2	Sunglasses	<input type="checkbox"/>
	Pens, pencils, stationary, stamps for letter-writing	<input type="checkbox"/>
	Camera, disposable or inexpensive digital	<input type="checkbox"/>
	Flashlight or reading light for dorm room	<input type="checkbox"/>
	Book or magazines for rest hour or bedtime	<input type="checkbox"/>
	Cards or small non-electronic games for in-cabin use	<input type="checkbox"/>
	Small bag or backpack for gear	<input type="checkbox"/>
	Travel alarm clock for dorm room	<input type="checkbox"/>
	Mouth guards, wraps, braces, etc. (as needed for sports)	<input type="checkbox"/>





CORE SPORT: SOCCER		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	Soccer jerseys or t-shirts	<input type="checkbox"/>
3-4	Soccer shorts	<input type="checkbox"/>
5-7	Pairs of soccer socks	<input type="checkbox"/>
1	Shin guards	<input type="checkbox"/>
1	Cleats * Please do not bring cleats that have never been worn; cleats should be used to ensure that campers do not get blisters	<input type="checkbox"/>
	Headband or sweatband (optional)	<input type="checkbox"/>

CORE SPORT: TENNIS		
Quantity	Item	<input checked="" type="checkbox"/>
1-2	Visor or hats for sun protection	<input type="checkbox"/>
1	Tennis/court shoes	<input type="checkbox"/>
5-6	Shirts for practice and matches, such as collared shirts	<input type="checkbox"/>
3-4	Shorts with pockets	<input type="checkbox"/>
1-2	Tennis racquet with cover	<input type="checkbox"/>
	Headbands and sweatbands (optional)	<input type="checkbox"/>
	Sunglasses	<input type="checkbox"/>

- Tennis racquets will be available for campers who do not bring their own.
- The tennis courts are outdoors so campers should bring collared shirts and a visor or hat for sun protection.



CORE SPORT: BASKETBALL		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	T-shirts, tank tops, or jerseys	<input type="checkbox"/>
2-4	Basketball shorts	<input type="checkbox"/>
1-2	Basketball sneakers for indoor courts	<input type="checkbox"/>
	Headbands and sweatbands (optional)	<input type="checkbox"/>

- Basketball courts are indoors so campers are required to wear indoor, non-marking shoes, preferably hi-top basketball shoes for additional ankle support.

CORE SPORT: BASEBALL		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	Jerseys or t-shirts	<input type="checkbox"/>
3-4	Baseball pants	<input type="checkbox"/>
1-2	Hats	<input type="checkbox"/>
1	Sunglasses	<input type="checkbox"/>
1	Cleats	<input type="checkbox"/>
1	Baseball glove	<input type="checkbox"/>
	Males only: athletic supporter	<input type="checkbox"/>
	Baseball helmet (optional)	<input type="checkbox"/>
	Bat (optional)	<input type="checkbox"/>
	Batting gloves (optional)	<input type="checkbox"/>

- We will provide bats, helmets, gloves, catchers' gear and other necessary equipment. Campers may bring these items but are not required to do so.



CORE SPORT: VOLLEYBALL		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	Jerseys or t-shirts	<input type="checkbox"/>
3-4	Shorts/ spandex	<input type="checkbox"/>
1	Sneakers	<input type="checkbox"/>
1	Kneepads	<input type="checkbox"/>

- Volleyball will be played outside on grass.

CORE SPORT: SOFTBALL		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	Jerseys or t-shirts	<input type="checkbox"/>
2-4	Softball pants	<input type="checkbox"/>
1-2	Hats	<input type="checkbox"/>
1	Sunglasses	<input type="checkbox"/>
1	Cleats	<input type="checkbox"/>
1	Softball glove	<input type="checkbox"/>
	Softball helmet (optional)	<input type="checkbox"/>
	Bat (optional)	<input type="checkbox"/>
	Batting gloves (optional)	<input type="checkbox"/>

- We will provide bats, helmets, gloves, catchers' gear and other necessary equipment. Campers may bring these items but are not required to do so.



CORE SPORT: GIRLS LACROSSE		
Quantity	Item	<input checked="" type="checkbox"/>
5-6	Jerseys or t-shirts	<input type="checkbox"/>
3-4	Pairs of shorts	<input type="checkbox"/>
1	Cleats * Please do not bring cleats that have never been worn; cleats should be used to ensure that campers do not get blisters	
	Mouth guard	<input type="checkbox"/>
	Eye guard (goggles)	<input type="checkbox"/>
	Girls lacrosse stick	<input type="checkbox"/>
	Gloves (optional)	<input type="checkbox"/>