

# Achva East

## Clothing Lists and Packing Information



### Some Tips

- Do not over-pack, less is better. You will have to carry your own luggage.
- Be ready for hot summer days, but also be prepared for very occasional chilly nights.
- Avoid clothes that need ironing or require dry-cleaning.

### General Packing List

- Achva-supplied backpack
- Soft-sided overnight bag (You will use only this bag for some shorter stays.)
- Poncho or rain jacket
- 2 pairs sneakers/hiking shoes
- Dressy shoes for Shabbat
- 3 pairs long shorts, which approach the knee - No short-shorts, biker shorts, sophies or spandex
- 2 pairs of jeans
- 2 pairs of pants
- Sweatjacket, or similar for very occasional cold nights.
- Sleepwear
- Two weeks supply underwear and socks
- 12 shirts - No sleeveless or tank tops, for both girls and boys. Girls should avoid T-shirts that show through when wet!
- Bath towel (to use when not at a hotel)
- Rash guard
- 2 bathing suits

### Essentials

- Pair of sunglasses (For eye protection, not to look cool)
- Laundry Bag
- Toiletries
- Over the counter medications you normally use (i.e. aspirin or Tylenol, antacid, allergy, etc.)
- Sunscreen
- Two Hats (Baseball cap is fine)
- Pocket-sized Siddur (REQUIRED)

### Boys:

- 3 button-down dress-shirts for Shabbat (No polos)
- 2 pairs nice khakis or dress pants for Shabbat
- At least two Kipot and Tzitzit
- Tefillin
- Electric Shaver if needed

### Girls:

- 2 Shabbat Outfits - must reach to the knee
- 3 skirts - must reach the knee. One skirt should be easy to carry around
- 3 blouses - with sleeves
- 1 long-sleeved blouse
- Personal hygiene supplies as needed

### Laundry

Achva will bring participants to a Laundromat to do their laundry. While participants cover the cost of using the machines, Achva will provide the detergent. There will not be time to send clothes to the dry cleaners. We do laundry about 12 days in so bring two weeks worth of clothes and you will be good to go.

### Electrical Appliances

You are welcome to bring tablet computers, cameras, musical instruments, or small gaming devices. We suggest you avoid bringing anything expensive, like nice laptop computers or high end tablets. You do not want to spend your summer concerned about this kind of stuff. While you are welcome to bring and use your phone, there will be times, like learning sessions or night programs, when the Achva staff will request the phones be turned off or even put away. We reserve the right to confiscate any phone which we believe is being used in an inappropriate manner or at the wrong time.