

## **Spring Kallah 2019 Packing List from Anne Hope:**

Here is your packing list:

Clothing - check your weather app for Ogden, Iowa – As of now, the forecast calls for lows around 35 degrees and highs around 60, perhaps some rain. The ground will be wet, so I recommend good shoes/boots or at least an extra pair for walking. Mornings and evening will be chilly so bring a jacket, hat, gloves. As a reminder, the cabins are heated. Bedding and towels will be provided, but feel free to bring a favorite pillow or fleece blanket.

Shirts – Friday, Saturday, Sunday

Jeans/pants – Friday Saturday, Sunday

sweater/sweatshirt

socks/undergarments

2 Shabbat Outfits - see note below:

Shoes, rain boots, or water proof shoes recommended

Rain jacket and/or Fall/Spring jacket

Pajamas

Clothes for outdoor play during chofesh – check weather app

neon clothes for Saturday night dance - not required, just fun

money for SATO snack cart which will be available during elections, recommended \$5.00

money for drive to/from Sunstream if your van/bus will be stopping

### **Specialty Items:**

Toiletries (deodorant, hairbrush, toothbrush, toothpaste, shampoo, etc.)

Tallit, Tefillin, and Kippot - see note below

Medications - speak to your chapter youth director if you prefer the youth director is in charge of teen's medication

### **Shabbat Dress Attire**

To celebrate and mark the important distinction between Shabbat and the weekday, Shabbat dress attire is required. The following attire is acceptable for Shabbat:

Slacks, khakis, dresses or skirts - if dresses or shorts for any gender are deemed "too short or too tight" your teen will be asked to change clothes

Blouses, collared shirts or sweaters with sleeves

Since we are at a retreat center a bit more casual is OK, but no jeans, or ragged/torn clothing.

### **Religious Garb**

Convention is a time when we come together to practice Judaism as a community, sharing common traditions and trying new experiences. Each participant is expected and encouraged to bring and use a head covering at appropriate times, and tallit and tefillin for shacharit (morning) services. We recognize that you may not own these items. Please be in touch with your synagogue Rabbi or chapter youth director to borrow tallit and tefilin. We will strive to have extras available as well. There will be USYers and staff available to help those who need any guidance in putting on these ritual items. Other teens may want to use t'fillin who don't own a set, so please bring yours to share.

### **EMERGENCY CONTACT INFORMATION**

In the event of an emergency, please be in contact with:

Anne Hope

Regional Teen Engagement Director

612-454-0553

During Shabbat I may not answer a call/text right away, but will be consistently checking my phone.