

TLI Packing List

No suitcases, valuables, perfume, lighters, matches, sharp objects, hair dryers, food, candy or electronic devices with a screen.

- ✓ Everything must fit in: 1 duffle bag (50 lbs max), 1 carry-on (24"x16"x10"), & 1 day pack
- ✓ Pack sleeping bag & bedding into duffle bag
- ✓ Laundry facilities along the way & at Camp
- ✓ If something important is forgotten, we'll call your family



Be sure to label all items with your full name!



Clothing

- 10-12 pairs of socks
- 10-12 pairs of underwear
- 3 shorts
- 1 pair jeans or other comfortable pants
- 3 T-shirts/tank tops for travel/ relaxing
- 2 long sleeve shirts
- 2 nice shirts, dresses, pants (*for Shabbat*)
- 2 swimsuits
- 1 sun shirt (*example, optional but recommended*)
- 1 hat with brim for sun protection
- 1 sweater/sweatshirt
- 1 warm jacket
- 1 warm hat
- 2 pajamas
- Packing cubes (*optional to help organize belongings*)



Shoes

- 1 pair of sneakers (*closed-toe*)
- Footwear for rafting (*strap on sandals or a 2nd pair of shoes that can get wet*)
- 1 pair of shower shoes



Toiletries

- 1 laundry bag (with full name)
- 1 medium-sized towel
- Toothbrush, toothpaste and floss
- Soap/shampoo/conditioner
- Comb/brush
- Toiletry bag or basket
- Sunscreen and lip protection (SPF 30+)
- Deodorant
- Hair elastics (*optional*)
- Menstrual products (*if applicable*)



Bedding

- Pillow and pillowcase
- Fitted twin size sheet and top sheet
- Sleeping bag (*rated at 20-30°F*)



For Service Projects

- 1 pair lightweight, loose-fit, long pants (*not leggings or jeans*)
- 3 loose-fit, short sleeve shirts that cover collar bone, shoulders and midriff
- 2 Quart-sized water bottles



Other Important Items

- Wristwatch (required) - not apple watch**
- Medium sized daypack (*large enough to hold toiletries and 2-3 days worth of clothing*)
- Travel alarm clock (*battery operated*)
- Flashlight or headlamp & extra batteries
- Camping plate/cup/utensils
- \$50 spending cash for first two weeks (*There will be a few opportunities to purchase special snacks and souvenirs*)
- 1 sturdy garbage bag (for wet clothing)
- Glasses/contacts plus extras & prescription (*if applicable*)
- Sunglasses (*optional, ideally w/ a strap*)
- Goggles (*optional*)
- Portable musical instrument (*optional*)
- Books, cards, journal, frisbee, games, pens, quiet activities for rest times and bus rides (*optional*)
- Disposable camera, Polaroid, or digital camera without internet capability (*optional*)
- Small hand sanitizer (*optional*)
- Portable screen-free music device (*ie. iPod, MP3 Player, etc - optional*)

