



Ramah in the Rockies Packing List & Technical Gear Guide

General Packing List:

Please label your children's belongings with their first and last name, not just their initials.

Labels increase the likelihood your child's belongings find their way back home. We have a lost and found, and encourage campers to check it often. At the end of camp we donate any items worth under \$25 to a local charity. For the cost of postage paid by the family, we can mail items worth more than \$25 for whom we can readily identify the owner.

Clothing

- 10-15 short-sleeve shirts – at least two must be quick-dry (no spaghetti strap tank tops).
Please include one from your home-town!
- 4-5 pairs of shorts—at least two must be quick-dry for 5th grade & up
- 1 pair of jeans and 1 pair of sweatpants or fleece pants
- 2-3 sweatshirts and 1 warm fleece jacket
- 2 long sleeve shirts
- 15 pairs of socks—at least 4-5 should be non-cotton for 5th grade & up
- 15 pairs of underwear
- 2-3 pairs of pajamas
- 1-2 Shabbat outfit(s) - on Friday night, we have a special Shabbat “uniform:” white polo, button up, or sweater, with khaki colored pants or shorts, or a modest skirt/dress. *
- Rain jacket (waterproof and breathable; **not** a windbreaker)
- 1 bathing suit (no speedos or bikinis; tankinis are ok)
- 1 winter hat and 2 baseball or sun hats

** Please note: we are aware that “modest” can be subjective. As a general policy regarding modesty for all genders: The parts of the body that are covered when wearing a sport tank top and “boy short” underwear should be covered at all times. In addition, underwear should **not** be visible in any position. For Shabbat, please have skirts and shorts that extend beyond the longest finger when arms are held at the side and shoulders must be covered for services. Campers will be sent back to their bunk) to change if their clothing does not follow this guideline.*

Shoes

- 1 pair of sneakers
- 1 pair of sandals/water shoes that can be secured to the feet (Texas or Keens, not Crocs)
- 1 pair of shower shoes—please note: flip-flops may ONLY be worn for showering
- 1 pair of **broken in** hiking shoes/boots —optional for 3rd & 4th and for two-week campers in 5th & 6th who will only be attending Session IA or IIA **

**5th & 6th grade campers go rafting during Sessions IA and IIA and backpacking during Session IB and IIB. If your 5th or 6th grade camper is attending a four-week session, or just IB or IIB, they must bring a pair of broken in hiking boots.

Toiletries

Please bring eco-friendly toiletries. Eventually, all the chemicals that go down the drain or spill on the ground end up back in our drinking water. **We have soap and shampoo dispensers in all camper showers, so there is no need to send bottles of shampoo or body wash/soap unless a camper prefers to bring their own.**

- 1 bottle of non-aerosol insect repellent
- 1 bottle of sunscreen
- 1 comb or brush
- 2 tubes of lip balm (it is very dry!)
- 1 toothbrush, 1 tube of toothpaste, and 1 container of floss
- Menstrual hygiene products, if applicable
- 1 caddy to carry toiletries to the shower

Bedding and Linens

- 1 sleeping bag - compressible/lightweight, at least warm enough for 20°F (-7°C)
- 2 bath towels & 2 washcloths
- 2 fitted twin sheets – mandatory per health department
- 2 twin top sheets
- 1 pillow & 2 pillowcases
- 1 twin blanket if space permits
- 1 laundry bag with name label

Religious Items

- Tallit or Tzitzit* - Required for boys over 13, strongly encouraged for girls over 12. *Please note: while some people have a custom to wait until they are married to wear a tallit, all males of Bar Mitzvah age are expected to wear Tallit or Tzitzit at Shacharit.*
- T'fillin* - Required for boys over 13, strongly encouraged for girls over 12.
- Kippot* (with clips, if needed) – Required for all boys and strongly encouraged for girls at prayers and during meals.

Miscellaneous

- 2 canteens/water bottles -1 liter each
- Flashlight or headlamp with extra batteries
- Pens, stamps, stationery, address labels
- Daypack or fanny pack to carry water bottle, rain jacket, etc. around base-camp.
- Extra glasses/contacts
- Backpacking pack with internal or external frame (5th – 9th grades should bring if they have one, required for 10th grade & up ***)
- Warm gloves - mandatory for 9th grade & up
- Sleeping Pad
- Sunglasses with strap

***We have backpacking packs available for our 5th – 9th grade campers to borrow, although they are generally not as nice and may not fit your camper as well as a pack brought from home.

Bring it if you have it (and can fit it!):

- Appropriate books or magazines
- Camera, memory card, and batteries
- Shabbat shoes
- Trekking poles
- Compass
- Quick-dry towel
- Appropriate games to play with friends (no Cards Against Humanity!)
- Climbing shoes
- Climbing harness
- Riding helmet
- Riding shoes

Technical Gear Guide:

If you are new to buying outdoor gear, the entire enterprise can seem a little overwhelming. Indeed, there are hundreds of options for outdoor gear available at a variety of price points. Camping gear can be purchased at almost any outdoor store, and specialty stores such as REI will also carry everything needed. Online retailers such as backcountry.com and campmor.com, may be a good choice for items where sizing isn't critical.

Some things to consider when shopping for camp:

- Is this going to be the only time that your child engages in outdoor adventure activities, or this a lifelong passion?
- Is your child still growing?
- Can you borrow equipment from a friend for a few weeks?

Must Have Gear and Descriptions

1. **Rain Jacket** – Every camper should pack a waterproof, breathable rain jacket. The fabrics used in these jackets aim to keep rain out while allowing perspiration to escape. Camp doesn't stop simply because it is raining, so it is important to be able to hike, bike, etc. while wearing a jacket without getting drenched in sweat. While there are many different proprietary laminates, the differences are mainly in how they balance breathability versus waterproofness and durability. In general, 3-layer fabrics are the most durable and waterproof, but they are also the most expensive and can be a bit heavier; 2 or 2.5 layer fabrics (such as Gore-Tex, Precip, HyVent, and Conduit DT) tend to be less expensive, more compact, and have similar breathability. The lightest, least durable, and least expensive are the so-called porous fabrics (such as Frogg Toggs). **We cannot overstate the importance of having a WATERPROOF rain jacket at camp.**

2. **Sleeping Bag** – All campers must pack a compressible/lightweight 20°F (-7°C) or warmer down or synthetic sleeping bag. While each manufacturer has its own rating system, many of

the leading manufacturers now also publish standardized EN-ratings. These ratings are a good way to compare different sleeping bags, and are much more reliable than the temperature number that appears in the name. Sleeping bags are usually sized by height, but there are also a growing number of women's specific models. If you are borrowing a sleeping bag from friends or family, please remember that synthetic insulation loses its value over time - especially if it has been stored tightly stuffed. Please note: when it comes to sleeping bags, **bigger isn't better**, as it has to fit inside a hiking backpack, so please bring one that is compact/lightweight (under 3 lbs.), of an appropriate size and temperature rating.

3. Hiking Shoes/Boots (1 pair) - A pair of supportive shoes or boots that fit properly and have been broken in are the single most important equipment that you can bring to camp. Breathable, light- to mid-weight hiking boots are ideal. Very supportive trail shoes or full backpacking boots are also acceptable. It's best to break them in and make sure they fit by wearing them around before you get to camp. **Ilanot** (entering 3rd & 4th) and **two-week Metayalim** (entering 5th & 6th) campers attending Sessions IA or IIA should bring hiking boots if they already have a pair. Otherwise, good quality closed-toe sneakers/gym shoes are fine. Four-week **Metayalim** campers, or those attending Sessions IB or IIB are required to back hiking boots, as they will be backpacking. We suggest that **Solelim and Bogrim** campers (entering 7th – 9th) pack hiking boots. If they do not, it may restrict their options for *masa'ot* (backcountry excursions). **Sayarim and JOLI** campers (entering 10th – 12th) are required to pack hiking boots.

4. Non-Cotton Socks (3-5 pairs) – Non-cotton socks are required for campers entering 7th – 12th grade, as well as campers entering 5th & 6th grade who will be at camp during Sessions IB or IIB. We suggest a light- or medium-weight merino (no itch) wool or synthetic blend (without any cotton). Some people like to wear a pair of light synthetic liner socks underneath their heavier outer sock. When you are breaking in your hiking boots, we suggest wearing the socks you're going to wear at camp.

5. Hiking Shirts (2) – Made from quick dry or wicking material such as merino wool, polyester or Capilene, these shirts will provide warmth and comfort in wet and dry conditions because, unlike cotton, wool and synthetics retain their insulating properties when wet. Your child will get sweaty when hiking, biking or climbing, and the right material shirt (as well as pants, socks, and underwear) will help prevent rashes, rubbing discomfort, and even hypothermia.

6. Water Bottles (2) – Dehydration is a constant concern for participants at Ramah in the Rockies due to camp's altitude and active schedule. On an average day, each person at our ranch must drink well over a gallon of water! No one may walk around camp without carrying their water bottle. If you elect to bring a water bladder (such as a Camelback) please make sure you have a way to carry it around camp.

7. Flashlight – A headlamp is even better as it frees your hands. An LED lamp with two or three LEDs will suffice. Please bring extra batteries.

8. **Day pack/ Fannypack** – We suggest that campers bring a day pack/fannypack to carry gear (such as their water bottle, sunscreen, a hat, etc.) around base camp.
9. **Sunglasses with Strap** – A strap not only keeps your camper’s sunglasses on during activities, but also helps us to minimize the number of sunglasses in the lost and found.

Additional Gear (Optional for 3rd - 9th Grade, MANDATORY for Sayarim & JOLI)

1. **Rain Pants** – A pair of rubber rain pants from Target will suffice, unless you would prefer to spend the extra money and buy some sort of coated nylon pants or Gore-Tex pants. If you are going to splurge on a single piece of optional gear, make it rain pants. Your camper will be very grateful for these if they are on a *masa* (backcountry excursion) in the rain.
2. **Internal or External Framed Backpack** – We recommend a backpack that can store 4-5 days worth of gear for rising 7th-12th graders or three days worth of gear for rising 5th & 6th graders attending Sessions IB or IIB. Rising 3rd & 4th graders do not need a framed backpack.
3. **Sleeping pad** – We suggest a 3-season foam or self-inflating sleeping pad (with an R-value of 2.4 or higher). Far more important than the cushioning the pad provides is the crucial insulation (expressed as an R-value) between your sleeping bag and the cold ground. Self-inflating pads are more comfortable, more insulating and significantly more compact, whereas foam pads are less expensive and more durable. Self-inflating pads come in various sizes (3/4 of your height is adequate, full length is more luxurious/expensive and heavier). Foam pads can usually be trimmed to the appropriate length. We do not recommend pads that require pumping, as they are less durable.
4. **Warm Hat and Gloves** – Hats and Gloves made of lightweight synthetic or wool combat the chill of cool mountain nights.
5. **Compression Sacks** – Waterproof compression sacks will allow your camper to pack their hiking backpack more efficiently, and will ensure that their gear and belongings remain dry in the rain.

Knives

Campers entering 7th – 12th grade may bring a folding pocket knife with locking blade or Multi-Tool (Leatherman) with locking blade. Younger campers (entering 3rd & 4th grade) may be trained in knife skills using Ramah in the Rockies’ knives. All knives must be turned in on the first day to counselors and will be given out before campers leave on *masa* (backcountry excursion), at their trip leader’s discretion.