

MACHAL
- Supplementary Packing List -

This is a list of specific items **REQUIRED** for Machal.

ITEM	DESCRIPTION / EXPLANATION	REQUIREMENTS
Hat	Baseball cap / fisherman's hat / kova tembel.	A hat that will not only provide protection from the sun during hikes, but also remain on the camper's head and not blow off in the wind.
Canteen / Camelback / "Shlooker"	Almost anything works. It just has to be durable, wearable, and hold enough water to accommodate long hikes on long days.	The canteen or backpack-with-water-sleeve that you purchase must hold 2+ liters of water. For a canteen, it must have a carrying strap that is comfortable for long hikes. <u>Tip:</u> In prior years, campers have preferred the hydration backpacks.
Hiking Shoes	Machal does a lot of hiking – approximately 50 miles over the course of the month. Regular sneakers will not suffice.	Your child needs a hiking shoe that is comfortable and sturdy.
Water Shoes	Keens; Tevas.	A good water shoe will have traction, a hard toe, and be waterproof.
Fuzzy Warm Socks	It gets cold at night, especially out at campsites and especially after a water hike.	Wool socks.
Extra Sweatshirts & Sweatpants	Things get wet. You want something dry and warm at all times.	At least 4 sets.
Flashlight	Flashlight or headlamp – used every night at campsites.	It is advisable to purchase something with long battery life that is both durable and bright.
Day Backpack	This backpack will be used for day hikes.	This should be a comfortable backpack with enough space to hold water, snacks, and an extra pair of socks.
Small Overnight Bag	In addition to a backpack, a small overnight bag is also necessary.	A small collapsible duffel or gym bag is best.
Bug Repellent	Mosquitoes, flies, gnats, etc.	No specific requirements, other than it not cause your child to have an allergic reaction.
Rain Jacket (required) & Rain Pants (recommended)	It rains a lot in Western Pennsylvania. We hike in the rain. It's awesome.	The combination of the two will provide maximum flexibility and dryness.
Sunscreen	While it rains a lot, the sun shines very brightly.	SPF 30 or greater.

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Sleeping Bag	DO NOT SEND. A very nice brand new one will be provided by Camp Stone ☺	DO NOT SEND. A very nice brand new one will be provided by Camp Stone ☺
Clothing for Hiking	Many of the hikes on the Machal program include water, and we never let the rain stop us.	Quick dry shirts and shorts. <u>White t-shirts are NOT permitted.</u>
Clothing for a 1-week Outdoor Adventure	The Machal program includes a week of canoeing and backpacking.	Light, quick dry clothing – including a shirt, shorts, and a bathing suit. <u>White t-shirts are NOT permitted.</u>
Clothing for Shabbat	Machal spends Shabbat in camp with the rest of Machane. Standard attire for Shabbat applies.	Blue Pants / Blue Skirt / Blue Dress AND White Shirt (Friday Night Only).