

Suggested Packing List

10 pairs of underwear
10 pairs of socks
3 pairs of shorts
3 pairs of pants
1 swimsuits
5 t-shirts
2 sweaters/sweatshirts
1 pair of sneakers
1 pair of sandals / water sandals
Shabbos clothing
2 towels
1 lightweight poncho or rainwear
1 sleeping bag
1 pillow
Toiletries (Shampoo, soap, toothpaste, etc.)
Bug repellent
Sunglasses

Backpack
1 Flashlight (with extra batteries, no Maglite)
1 duffel bag
Reusable water bottle
Passport or ID if required for travel
Tefillin
2 pairs of Tzizis
2 Yalmulkas
1 dress shirt
1 pair of dress pants
10 face masks

Optional:
Camera (campers will not have full access to their cell phones)
Music (see requirements below)

Staff will have the opportunity to wash their clothes during the trip at Camp Extreme's expense. Please make sure to have enough clothing to last ten days.

Project Extreme's self-respect dress code will be strictly enforced. All shirts must have sleeves that cover both shoulders simultaneously. Rips, holes, vents or shear panels are not allowed above the elbow or knee. Do not bring concert t-shirts, torn and tattered clothing, anything suggestive of drugs or alcohol, sexually explicit clothing, or anything with offensive words. **Please do not bring clothing that does not meet the above criteria.**

Do NOT bring any of the following: Ipods, tablets, or laptops. Do not bring any devices with internet or video capability. Only approved music devices will be allowed to be used during camp. Non approved devices will be kept in the camp safe until the conclusion of the program.

Cell phones may be brought to camp for use during travel to and from camp but will be put away upon arrival and returned at designated times only. Cell phones may not be used at camp, even for camera, game or music purposes. Any non-permissible items brought to camp will be put away at the beginning of camp and returned at the airport on August 23rd.