



## What to Bring to the Or Shalom Retreat by John Fuerst

Check-in at Camp Hope starts at 4 PM on Friday - Hamotzi is at 6 PM and Shabbat dinner at 6:15. It's a long weekend and traffic can be terrible, especially if you leave town after 3 pm. Give yourself about 3 hours if you leave after 3.

And now, the list:

We're trying to be greener and save on the disposables, so please bring your own travel mug (lidded preferably). These will be especially helpful for late night nosh time organized by Jack Sniderman aka "Snackman Jack".

### Ritual items:

- Siddur (Please mark with your name - a book cover would be great!)
- Tallit
- Kippah
- Tefillin (John Fuerst will lead a "Refillin' – Tefillin" workshop on Sunday morning)

### Fun stuff:

- Alarm clock (if you need help waking up)
- Flashlight (especially if you're tenting)
- Baseball glove (for you-know-what)
- Light hiking boots or sturdy runners for walking around the property
- Water bottle and little pack if you are going on a hike
- Outdoor clothing (Yes, that means "rain coat".)
- Board games, cards, puzzles, mah jong
- Soccer balls, footballs, baseballs, kid-friendly balls
- Wheeled toys for kids (for outdoors, of course)
- Costumes and props, if you have them, for the talent show
- **NEW:** bikes if you wish to join Snackman Jack's Sunday afternoon bike ride—for teens and adults
- **NEW:** broken or chipped dishes to be further broken and used in our all-camp activity

### Other stuff:

- Shampoo
- Soap and towels (if you're tenting)
- Snacks if you get peckish between meals
- Clock radio or alarm clock for your room
- Blow dryer if you're the blow drying type
- Ear plugs if you're a light sleeper
- Any food you require for your special dietary needs
- You own coffee mug--to avoid the disposables
- Meds that you take
- Your enthusiasm and desire to learn and have a great time!

Note: Lodge rooms come with linens, towels and soap. They don't come with shampoo, or clock.

### What to leave at home:

- Your pet(s)
- Your cell phone (OK, you can bring it, but turn it off most of the time.)
- Alcohol (the drinking kind) – please be mindful, we're at a 7<sup>th</sup> Day Adventist retreat centre and they do not have alcohol.
- Tobacco
- Your cares and worries