

Adult Neshama Quest 2025 Packing List



Camping Gear

- Tent, ground cover, rain fly, stakes, hammer
- Sleeping bag and pad
- Toiletries, personal medication, and personal first aid kit
- Sunglasses and sunhat
- Sunscreen
- Trash bag for your personal trash
- Notebook and pen/pencil
- Daypack (big enough to fit a lunch, water bottle, notebook, and possible layers)
- Pillow
- Flashlight/headlamp and batteries
- Towel
- Camp chair



Dishware

- Plate
- Bowl for soups
- Mug/thermos for tea or coffee
- Water bottle
- Utensils



Clothing & Footwear

- Warm jacket
- beanie/warm hat
- scarf
- Rain gear or poncho and rain pants — you never know!
- Lightweight pants and long-sleeve shirt (for sun and bug protection)
- T-shirts
- shorts
- Warm and comfortable clothes/layers, such as sweaters and fleeces
- Long pants, including wool or fleece (not cotton)
- Underwear, including synthetic long underwear top and bottom
- Socks, including some that are not cotton
- Appropriate outdoor footwear — something for hiking in and something that could get wet
- Comfy warm clothes to sleep in
- Comfy clothes to lounge and play in — including lightweight sun shirts and/or scarves for hot days
- Festive attire for Shabbat if you wish — many participants wear white on Friday night as a way of honoring the ceremonial nature of this weekly holiday



Emergency & First Aid

Wilderness Torah will provide all essential Emergency & First Aid equipment. Please bring any prescription and life saving medication. Life saving medication should have a backup (i.e. 2 epi-pens)



Optional Items

- Your siddur (prayer book), if you use one
- Musical instruments
- Camping chair, cushion, or blanket to sit on
- Binoculars for checking out birds
- Your wooden name tag from previous Wilderness Torah event if you have one
- Guidebooks or other resources

