



**MIDRESHET TEHILLAH**  
NEVE YERUSHALAYIM

**PACKING LIST**

**CLOTHING**

**WINTER CLOTHING:**

The winter in *Yerushalayim* is cold, windy and (hopefully) wet. Although the temperature rarely goes below freezing, the cold is felt both inside and outside, so you need to bring warm clothing. Because it does not freeze, we get rain rather than snow. Therefore, you will probably find a warm, waterproof raincoat more useful than a wool coat. Also advisable are warm, waterproof boots, umbrella, hat, scarf, gloves, and warm tights. Keep in mind when choosing your clothing that dry cleaning in Israel is more expensive than you are probably used to.

**A WORD ON CLOTHING:**

Attire in *Eretz Yisrael* is more low-keyed than you might be used to. Very fancy clothing even on *Shabbat* may make you feel over-dressed. On the other hand, *Yerushalayim* has a special level of *kedushah*. When choosing your wardrobe, both for *Shabbat* and for the week, please be sensitive to this.

When I was speaking at your schools I described Midreshet Tehillah as a program that would, within reason, minimize rules to allow you to follow the Torah, having internalized it rather than having it imposed from without. The rules that we do require are those necessary to create an environment which guards your safety, conforms to halachic standard, and is conducive to learning and growth—i.e. maintains a level of *kedushah*. Also, our students come from communities with a variety of standards on a number of matters. Because we want all our students to feel comfortable in the school, we require certain conduct which may be different from what you are used to. By requiring these standards, we are not imposing a specific halachic interpretation. Rather, we are defining the standards of our school. It is important that you understand that by attending Midreshet Tehillah, you are accepting that you must abide by our standards during the school year.

In this regard I want to clarify the Midreshet Tehillah dress code. Put simply: the elbows, collar bone, and knees must be covered along with everything in between, including the waist, with no slits. This is true at all times, whether walking, sitting, or raising your hand. The coverings should not be tight or overly clingy. Shoes must be closed-toe. The dress code applies in school and out. By accepting your place in Midreshet Tehillah you are accepting responsibility for this dress code.

## LINEN AND BEDDING

You will need a pillow, blankets (warm), linen and towels. Midreshet Tehillah does not provide any of the above. You can either bring these items with you or, to conserve luggage space, purchase them in Israel after you arrive. You can also purchase them before you come from companies that deliver them to the campus. We will provide your email address to one or two companies which sell these items and deliver them to the school. Our giving this information to these companies is not meant to be an endorsement of any kind for their services, but we have not had any problems with them in the past.

## MISCELLANIOUS

- 1) A backpack for tiyulim.
- 2) Small tote bag or rolling duffle bag for going away for Shabbat.
- 3) Good sneakers or hiking shoes for tiyulim in addition to the water shoes.
- 4) Shower shoes.
- 5) A cap/bandana/hat for tiyulim.
- 6) Bathing suit and cover-up.
- 7) Shirt for tearing *kriyah* at the Kotel upon arrival.
- 8) A *Siddur* and *Tehillim.Machzorim* can be borrowed from the school. But if you have a favorite, bring your own.
- 9) Any pharmaceutical items you may need. While most prescriptions, non-prescription drugs, cosmetics, and sundries are available locally, they are usually more expensive and you may not be able to get exactly what you want.
- 10) Travel-sized bottles of shampoo, body soap, conditioner and mouthwash for those *shabbatot* that you leave campus.
- 11) Any musical instruments that you play (double basses not recommended). There is a piano on campus (so no need to bring one)
- 12) A sewing kit.
- 13) Laundry bag.
- 14) Pictures of family and friends; many girls decorate their rooms with these.
- 15) Skirt hangers.
- 16) Adapters and converters.

### **REMEMBER!**

We cannot stress strongly enough how limited closet and storage space is in the dorm. Your clothing needs are likely to be less than at home. Please do not overload—this will only contribute to closetaphobia (sic). Speak to students who have spent a year in Israel to get a realistic idea of what should or should not be brought.

Please **do not** bring valuables, jewelry of sentimental value, expensive cameras, or large sums of money. Whatever valuables are brought should not be kept in the dormitory. Midreshet Tehillah cannot take responsibility for stolen or lost property. There is a safe on campus that can be accessed weekly for storing checks, money, and your passport.

### **SEFARIM**

We will be sending you a list of sefarim that you will need for the year, in case you want to bring them with you rather than buying them in Israel. We will also arrange a sefarim sale on campus soon after your arrival so that you can acquire the necessary sefarim here.