



Kehillah JHS Sophomore Trip Packing List

Tivnu: Building Justice, Portland, OR | May 2022

There's a real range of temperatures in Portland in May (with some rain likely), so check the weather forecast closer to the trip. For the rafting trip, it will likely be about 10 degrees warmer. Remember, you'll be outdoors working and walking **a lot** this week, and Portland is very casual.

When you arrive, make sure you have access in your daypack to these items:

Water bottle	Medications including Dramamine (if you get motion sick)
Phone/camera	Hiking boots and socks, rain and warmth layers
Wallet	Book, music, etc. for the ride
Masks	

Clothing:

- Clothing for 3 days of working that can get wet and dirty (layers are good)
- Casual clothing for five days of afternoon/evening activities
- Clothing for rafting – swimsuit, clothes that can get wet (if it's chilly on the river)
- Undergarments
- Clothing to sleep in
- Sneakers or other comfortable shoes for walking around town
- Sturdy boots (for hiking and working)
- Water shoes (or water-appropriate sandals or sneakers) for rafting
- Waterproof rain shell and light jacket
- Work gloves (or we can provide)

Toiletries:

- Toothbrush/toothpaste/floss
- Deodorant
- Brush
- Shampoo/conditioner/body wash or soap
- Band-aids/pain reliever/Dramamine (as needed)
- Menstrual products (as needed)
- Sunscreen
- Small bottle of hand sanitizer

Personal items:

- Day backpack or bag
- Extra masks
- **Water bottle**
- Journal/notebook and pens
- Phone/phone charger
- Wallet
- Prescription medicines (as needed)
- Glasses and contact lenses (as needed)
- Sunglasses
- Games, deck of cards, a book to read (optional but recommended)
- Towel for rafting trip