

## Feast of Tabernacles Prep - Minimalist Edition

### Shalom family!

Every year, we are excited to commune with each other during The Feast of Tabernacles. During this season, we can bond with brothers and sisters we haven't seen years past. You'll also witness what Tabernacles has to offer - nature, our history, tents in a variety of shapes and sizes, a plethora of food from all tribes, decorations, activities, and so much more!

To endure the wilderness, it takes proper planning and preparing to ensure that the high holy day goes smoothly. With, it's very important to decipher what you'll need, and what you won't need - which leaves a lot of us under packing and overpacking each year.

You can refer to the Tabernacles Checklist offered by the Daughters of Sarah to ensure you've got the bare necessities. In addition, we'd also like for you to entertain a few minimalist tips on how to pack just enough so that you'll be stress-free during your stay!

### Tip # 1 - Pack in Advance

Don't wait until the last minute to pack - you WILL forget something. Doing this adds unnecessary stress and anxiety leading up to the first day of Tabernacles. According to lifehack.org, "When you procrastinate, you make decisions based on criteria that most likely wouldn't be there if you didn't procrastinate, like pressure to *finally* make a decision because time is running out." When you feel rushed because you didn't plan, it can also affect your mood - this in turn can rub off on others around you.

Create a list for everything, even what you'll eat during your stay. Meal prepping is something seasoned campers tend to do by bringing non-perishables or foods that can be easily stored and kept fresh while in the wilderness. This will look very different for each household depending on size, but if you compare this year to last year with more prepping, you'll see the benefits of planning ahead!

### Tip # 2 - Leftover from last year? Re-use!

Did you go to tabernacles last year? Re-use some of the items from the year before, like old camp gear, bug repellent, flashlights, etc. After each Tabernacles, store your camp gear in the one place to find it next year! This is called making a home for the things you own.

### Tip # 3 - Outdoor Slay is the New Dress code

We know everyone wants to be cute for the outdoors, but let's be real - it can get very hot, muggy, cold, wet, and all the above. It's okay to be cute, but we need to prepare for the elements that may surprise us. Use intention when packing your gear. Forget the heels, sis! A good pair of flip flops, water resistant boots, and sneakers are all you need to manage the

wilderness. That doesn't mean you have to look like Harriet Tubman! Bring minimal makeup and cute head wraps to play up your outdoor look!

#### **Tip # 4 - Do You Really Need That?**

This piggybacks off tip #3 - really examine what you're packing! If this means holding each item in your hand for you to contemplate on why you're bringing it, then do so. Some people have space in their vehicles to travel with a lot of supplies, while others may be sharing a ride with someone. Do you need to bring your TV, laptop, or video game console? Do you need to pack all those flashlights, clothing, or all that food if it's just you? Most likely not. Again, this will look very different for each family, so maybe limit the number of toys your children may have, especially since there are always activities happening on the campgrounds!

#### **Tip # 5 - Inflatable/Minimal Options**

A lot of minimalists who have experience camping tend to try to make sure that each item they bring along with them will be functional, yet compact. You'll be surprised how you can find inflatable sleeping bags and pillows that come packed as the size of a smartphone - saving a lot of space, time, and energy setting up! There are also minimalistic ways to start a fire, prep dinners, and even bathe while out in the wilderness. Again, this may save you time from lugging and setting up your site!

#### **Tip # 6 - Solar Powered**

Technology can be so clutch! Hate when your phone dies and there's nowhere to charge it in the wilderness? Did your flashlight battery die on the second day?! You can buy solar powered chargers and items reasonably priced on Amazon, Walmart and other places that sell camping goods. This will also limit the amount of wires you'll bring, which takes up extra space that you most likely need for this trip!

Hope you enjoyed a few of these minimalist tips on how to pack just enough for your Tabernacles stay. Be sure to check out our other tips and tricks on minimizing clutter and making your space a relaxing oasis!