

*The Chesed Fund Limited &
Project Ezra of Greater Baltimore, Inc.*

Complimentary

YOM KIPPUR CHECKLIST 5784-2023



**Better Care
Pharmacy**

Owned and operated by Dr. Mayer Morris

Free Delivery
Monday-Friday



410-484-0422

Commerce Center
(near Milk and Honey Bistro)
1777 Reisterstown Road, Suite 102

Sunday: 3 PM - 7 PM
Monday - Friday*: 9 AM-7 PM
**For winter Fridays, call for early closing*

This checklist is dedicated in loving memory of Yehoshua Binyomin Ben Aryeh Dov Youlus, ז"ל.

BALTIMORE START & END TIMES





Sunday, September 24th 2023: Candle Lighting-6:42 pm

Monday, September 25th, 2023: Fast Ends-42 minutes-7:42 pm, 50 minutes-7:50 pm, 72 minutes-8:12 pm

For Zmanim (Halachic Times) in North America: 718-331-8463 • For Anywhere in the World: www.myzmanim.com

IN ADVANCE

- ☐ Review your year spiritually and identify areas in which you can improve
- ☐ Review your family's *minhagim*
- ☐ Review the Yom Kippur *davening*
- ☐ Review *Kitzur Shulchan Aruch* chapters 130-133 and other relevant summaries of *halachos*
- ☐ Buy seats, confirm their location, and check on the availability of women's seats
- ☐ Ask forgiveness from family, friends, business associates, etc., especially if you have wronged them. Remember to calculate time zone differences
- ☐ Do *Hataras Nedarim* and *Tashlich*, if not yet done
- ☐ If your *minhag* is to *Shlug Kapparos* with chickens, find out time and location; if your *minhag* is to use money, prepare money
- ☐ If you have health issues, ask your rabbi about measurements and timing of *shiurim* (small amounts of liquid or food). Confirm that your shot glass is actually 1 oz.
- ☐ Clean and prepare *tallis* and *kittel*
- ☐ Clean and prepare white clothing (if that is your *minhag*)
- ☐ Prepare Yom Kippur *machzorim* (as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets)
- ☐ Write owner's name in *machzorim*, *seforim*, etc.

- ☐ Iron clothing
- ☐ Prepare your *shofar* for end of fast (if applicable)
- ☐ Prepare card with names of your family and people for *mi shebeirachs* 
- ☐ Check what time *Yizkor* will be said and arrange for a babysitter, if necessary 
- ☐ Pay off donation pledges and/or debts 
- ☐ If you regularly have caffeine, slowly decrease caffeine intake several days before Yom Kippur to avoid headaches 
- ☐ Ask your doctor about Easy Fast Pills or caffeine suppositories, available at local Jewish supermarkets and pharmacies 
- ☐ Prepare food for after the fast
- ☐ If nursing, consider pumping milk and storing it for the day of Yom Kippur and the day after. Also consider using formula
- ☐ Begin hydrating approximately 36 hours before Yom Kippur begins



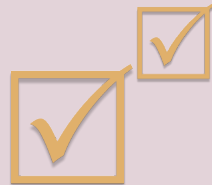
- ☐ Buy new toys, books, and games to be given to children on Yom Kippur
- ☐ For safety, arrange to walk back home in a group after *davening*, especially at night
- ☐ If necessary, purchase a memory foam mat for standing comfort
- ☐ Purchase *yahrzeit* candles
- ☐ Purchase Shabbos spray as an alternative to baby wipes
- ☐ Prepare non-leather shoes for adults and children
- ☐ Print out your shul's Yom Kippur schedule; check whether there is a different time for *Shacharis* on Erev Yom Kippur, as well as an early *Mincha*
- ☐ Prepare smelling salts and cloves
- ☐ Post reminder signs near sinks to wash fingers only up to the knuckles

EREV YOM KIPPUR

- ☐ Cook the *Seudah HaMafsekes* (including *kreplach*, if that is your *minhag*)
- ☐ Give extra *tzedakah*
- ☐ Prepare towels and go to the *mikvah*
- ☐ Daven *Shacharis* and *Mincha* early, if possible; include *Viduy* at *Mincha*
- ☐ Do *Hataras Nedarim* and *Tashlich* if not yet done

- ☐ *Shlug Kapparos*
- ☐ Eat and drink the entire day in order to fulfill the *mitzvah* (as well as to remain properly hydrated)
- ☐ Avoid alcoholic beverages and soda
- ☐ Avoid salty or spicy foods
- ☐ Load up on water as well as electrolyte infused water, sports drinks, and/or diluted orange juice
- ☐ Load up on whole grains, carbs, vegetables, fruits, and a little protein
- ☐ Eat fruit, especially berries and melons, to help your body retain water
- ☐ Prepare easy and filling meals and snacks for your children
- ☐ Check if the *eruv* is up
- ☐ Check the weather forecast
- ☐ Prepare lightweight clothing to wear
- ☐ Make sure your car is parked in a space where it will not get ticketed or towed
- ☐ Call family and friends to wish them a good Yom Tov
- ☐ Verbally forgive individuals who may have hurt you
- ☐ Prepare food for before and after the fast
- ☐ Emergency service personnel should do their usual pre-Shabbos preparations
- ☐ Charge cell phones and any pertinent electronic devices and turn them off

- ☐ Prepare food, toys, books, and games for children to use on Yom Kippur
- ☐ Open sealed bags, packages, tissue boxes, diapers, baby items, etc.
- ☐ Put away *muktzeh* toys
- ☐ Visit cemetery; be sure to bring an appropriate *sefer* for specific Erev Yom Kippur *tefillos*
- ☐ Set your alarm clock for the morning
- ☐ Set timers
- ☐ Turn on regular lights, night lights, and outdoor lights
- ☐ Turn off/on security alarm and bypass switches
- ☐ Lock doors and windows as it is known that people are in shul most of the day
- ☐ Remove tags from new garments and dry cleaning
- ☐ Turn off fridge and freezer lights and electrical devices; set ac or heat and turn on fans
- ☐ Take care of any pet needs
- ☐ Water plants
- ☐ Check all pockets (including coat, jacket, pants, etc.) for *muktzeh*, or for any items if there is no *eruv*
- ☐ Prepare food for after the fast if not done yet
- ☐ Set the table and eat the *Seudah HaMafsekes*
- ☐ After the *Seudah HaMafsekes*, cover the table with a white tablecloth, if that is your *minhag*
- ☐ Make sure everyone is bathed and dressed early for Yom Tov
- ☐ Give the *Birchas HaBonim*/Blessing of the Children (remember time differences if they are away – Israel is 7 hours ahead of EST)
- ☐ Prepare all candles; be sure candles are stable and a safe distance from drapery, flammable items, and children
- ☐ Light *yahrzeit* candles for departed family members, any customary candles, and an additional *yahrzeit* candle to be used to light the *Havdalah* candle
- ☐ Light candles and say the *bracha* of *L'Hadlik Ner shel Yom HaKippurim* and add the *bracha* of *Shebecheyanu*
- ☐ Be sure to follow a doctor/rabbi's advice regarding taking medications on Yom Kippur
- ☐ If you must eat on Yom Kippur due to health reasons, prepare proper measurements/*shiurim* of food and liquids
- ☐ Remember, the *mitzvah* of raising children is as important as *davening* in shul all day
- ☐ Plan low energy activities to keep your children entertained during the fast
- ☐ Check relevant last minute e-mails and news updates. Visit BaltimoreJewishLife.com
- ☐ Print uplifting and engaging Torah emails and reading materials for yourself and your children
- ☐ Turn off phones, computers, electronics, and motion-activated devices (e.g., dashcams)
- ☐ Remove gold jewelry
- ☐ Remove leather shoes
- ☐ Brush your teeth
- ☐ *Daven Tefilla Zakah*



- ☐ VERBALLY STATE THAT YOU ARE TAKING ON THE HOLINESS OF YOM KIPPUR SEVERAL MINUTES BEFORE SUNSET
- ☐ Baltimore candle lighting is at **6:42 pm**. For *zmanim* (halachic times) in North America call 718-331-8463. For anywhere in the world visit www.myzmanim.com.

BRING TO SHUL

- ☐ Hat, *tallis*, *tallis* bag, and *kittel*
- ☐ *Machzorim* (as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets)
- ☐ *Shofar*, if applicable
- ☐ Mask, if that's your or your shul's preference, and hand sanitizer
- ☐ House keys
- ☐ Sweater, light jacket, and/or rain coat, if necessary
- ☐ Measured *shiurim* of food, if you must eat on Yom Kippur due to health reasons
- ☐ Smelling salts and cloves
- ☐ Card/list with names of family and people for *mi shebeirachs*
- ☐ *Shtender(s)*, if allowed
- ☐ Cloth for bowing/*Kor'im*
- ☐ Memory foam mat, if necessary
- ☐ Any health-related items needed (epi pen, inhaler, glucose meter, nitroglycerin, Benadryl, oxygen, etc.)
- ☐ Tissues
- ☐ Reading glasses



- ☐ Reflector belt to wear to and from shul
- ☐ If you drive to shul, place your keys in a designated safe area in shul

YOM KIPPUR

- ☐ Wash only up to your knuckles when washing for *Netilas Yadayim*
- ☐ Wear lightweight clothes to avoid perspiring and causing your body to lose water
- ☐ Daven well, fast well, and do *teshuva*
- ☐ Practice techniques to keep your mind off hunger
- ☐ If you feel weak, smell cloves, cinnamon, or smelling salts
- ☐ Take a nap during the shul break time
- ☐ Read the story of *Yonah*
- ☐ Make the most of children's naptime by *davening* or taking a nap
- ☐ Give children new toys to play with

MOTZEI YOM KIPPUR

- ☐ *Kiddush Levana*
- ☐ Bring home all Yom Kippur items from shul
- ☐ For *Havdalah* use the extra candle lit before Yom Kippur to light the *Havdalah* candle
- ☐ Baltimore fast ends at 7:42pm
- ☐ Begin building the *succah* and purchase a *lulav* and *esrog*, if not done before Yom Kippur
- ☐ Put away *tallis*, *machzorim*, and any other Yom Kippur items
- ☐ Check your shul's schedule to see if *Shacharis* is earlier than usual the next day

BREAKING THE FAST

- ☐ Drink and eat at a slow pace
- ☐ Eat moderately
- ☐ Avoid pastries, salty foods, and soda
- ☐ Stretch and take a short walk
- ☐ Do not eat too late at night
- ☐ Drink more water before you go to sleep

IF YOU ARE STAYING HOME FROM SHUL

- Prepare a quiet spot for davening where you will be able to concentrate well.
- Make sure your *machzor* is at home.
- Find out davening times so that you can daven at the same time as your shul.
- Review the davening with your Rabbi so you can use the same *nusach* as the shul, and if you should wear a *kittel* when davening at home.
- Make sure to review any questions you may have with your Rabbi before Yom Kippur begins, since you will not be in shul to talk to him directly on Yom Kippur.
- Hearing *shofar* blasts at the end of Yom Kippur is not required to end the fast.

*Wishing you and your family a
Gmar Chasima Tova!*

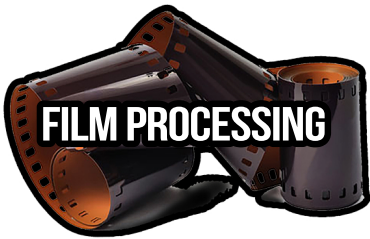
PERSONAL CHECKLIST

Add your own items to the list.
If any of them could be helpful to others,
please e-mail them to
info@chesedfund.com
for inclusion in next year's checklist.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



National Photo



Prints from Phone/Mobile , Prints on Metal,
Archiving, Film Processing, Photo Gifts, Poster Prints

nationalphoto.com

612 Reisterstown Rd
Pikesville, MD 21208
410-486-2006

SPECIAL THANKS TO OUR CORPORATE SPONSORS:

HERMAN E. Wealcatch Insurance

MARYLAND OFFICE
410-653-3053

NEW YORK OFFICE
845-426-5400

ARIZONA OFFICE
602-563-3667

www.wealcatchinsurance.com
Serving your insurance needs across the nation

THE BJH

TO ADVERTISE
thebjh.com
443.990.1942
ads@baltimorejewishlife.com

KUSHNER ELECTRIC INC.

410-999-5375
kushner-electric.com
kushnerelectric@gmail.com

KAUFFMAN & FORMAN, P.A.

Corporate, Construction
& Estate Planning Law

Office: 410.823.5700
Cell: 410.913.2098
beklaw@comcast.net
KauffmanAndForman.com

This guide should be a zechus for a refuah shelaimah and long life for Leah Zecharya bas Shulamis, יעלה, Yechiel ben Miriam Bluma, יחיאל, Rena Esther bas Yaffa Gitta, רנה, Sarah Cherna Chaya bas Eta Chanah, שרה, Dina bas Chaya Golda, דינה, Yonatan ben Chava, יונתן, and Avraham Shmuel ben Yocheved Leba Bracha, אברהם.

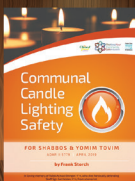
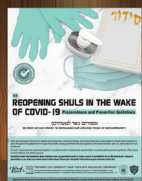
Baltimore Hatzalah:
410-358-0000

Baltimore Shomrim:
410-358-9999

To bring this checklist to your community, please contact Frank Storch at
410-653-3333 or info@chesedfund.com.

Help Keep Your Family and Community Safe!

Download Our Latest Free Publications at chesedfund.com.



The Chesed Fund LIMITED

The Chesed Fund Limited is dedicated in memory of Mordechai & Rebecca Kapiloff, מרדכי, Dr. Bernard Kapiloff, ד"ר, and Rabbi Norman & Louise Gerstenfeld, רבי. Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo & Hannah Storch, מ. ליו & חנה.

Project Ezra Of Baltimore

This guide contains divrei Torah and therefore should be placed in shaimos after use.

Special thanks to the Eruv Book for distribution of this guide.

© 2023 The Chesed Fund Limited & Project Ezra of Greater Baltimore, Inc.