

Complimentary

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

# YOM KIPPUR CHECKLIST 5787-2026



This checklist is dedicated in loving memory of Yechiel Ben Shimon Dovid Nieman z"l.

## **Fast Start & End Times in Baltimore** .....

Sunday, September 20, 2026: Candle Lighting- **6:49 pm**

Monday, September 21, 2026: Fast Ends **7:48 pm** (42 min.), **7:56 pm** (50 min.),  
**8:18 pm** (72 min.)

For Zmanim (Halachic Times) in North America: 718-331-8463

For Anywhere in the World: [myzmanim.com](http://myzmanim.com)

## In Advance .....

- ☐ Review your year and identify areas in which you can improve spiritually
- ☐ Review your family's minhagim
- ☐ Review the Yom Kippur davening
- ☐ Review *Kitzur Shulchan Aruch* chapters 130-133 and other relevant summaries of *halachos*
- ☐ If you have not already bought seats in shul, then do so and confirm their location
- ☐ Ask for forgiveness from family, friends, business associates, etc., especially if you have wronged them, keeping in mind time zone differences
- ☐ Do *Hataras Nedarim*
- ☐ Do *Tashlich*, if you have not yet done so
- ☐ 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 take daily medications, check with your doctor to ensure you can miss taking them for one day
- ☐ If you have health issues, check with your doctor regarding your ability to fast. Discuss using Easy Fast Pills or caffeine suppositories, which may help you fast. These are usually available at local Jewish supermarkets, pharmacies, or bookstores
- ☐ If you are advised by your doctor to eat or drink small amounts of food, speak with 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 non-leather shoes for adults and children
- ☐ Prepare Yom Kippur *machzorim*, as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets
- ☐ Label *machzorim*, *seforim*, etc., with owner's name
- ☐ Prepare *shofar* for end of fast
- ☐ Prepare a card with family member names and others for *mi shebeirachs*
- ☐ Check the time for *Yizkor* and make babysitting arrangements, if needed
- ☐ Pay outstanding donation pledges and/or debts
- ☐ If you regularly consume caffeine, slowly reduce caffeine intake several days before Yom Kippur to prevent headaches
- ☐ Plan the meals for before and after the fast
- ☐ Purchase Shabbos spray as an alternative to baby wipes
- ☐ If nursing, consider pumping and storing milk for the day of Yom Kippur and the day after, or consider using formula
- ☐ Buy new toys, books, and games to be given to children on Yom Kippur



- ☐ If necessary, purchase a memory foam mat for standing comfort
- ☐ Purchase a sufficient amount of *yahrzeit* candles
- ☐ Print out your shul's Yom Kippur schedule and check davening times, specifically whether there is a different time for *Shacharis* on Erev Yom Kippur, as well as an early *Mincha*
- ☐ For safety, arrange to walk home in a group after davening, especially at night
- ☐ Prepare smelling salts and cloves
- ☐ Post signs near sinks reminding to wash fingers up to the knuckles only
- ☐ Begin hydrating approximately 36 hours before Yom Kippur begins
- ☐ drinks, and diluted orange juice and avoid alcoholic beverages and soda
- ☐ Cook the *Seudah HaMafsekes* (and *kreplach*, if that is your *minhag*) and prepare food for after the fast
- ☐ Prepare easy and filling meals and snacks for your children
- ☐ If you must eat on Yom Kippur due to health reasons, prepare proper *shiurim* of food and liquids
- ☐ Give extra *tzedakah*
- ☐ Visit the cemetery and be sure to bring an appropriate *sefer* for specific Erev Yom Kippur *tefillos*
- ☐ Make sure your car is parked in a space where it will not be ticketed or towed

## Erev Yom Kippur . . . .

- ☐ Daven *Shacharis* and *Mincha* early, if possible, and include *Viduy* at *Mincha*
- ☐ Do *Hataras Nedarim* and *Tashlich*, if not yet done
- ☐ Go to the *mikvah*
- ☐ *Shlug Kapparos*
- ☐ Eat and drink the entire day in order to fulfill the *mitzvah*, and to remain properly hydrated
- ☐ Load up on foods high in healthy oils, fats, proteins, whole grains, carbs and avoid salty or spicy foods
- ☐ Eat fruit, especially berries and melons, which help your body retain water
- ☐ Load up on water, as well as electrolyte-infused water, sports
- ☐ Check if the *eruv* is up
- ☐ Check the weather forecast
- ☐ Prepare and iron lightweight clothing to wear
- ☐ Remove tags from dry cleaning and new garments
- ☐ Check pockets (including coat, jacket, pants, etc.) for *muktzeh*, or for any objects, if there is no *eruv*
- ☐ Call family and friends to wish them a good Yom Tov
- ☐ Verbally forgive individuals who may have hurt you
- ☐ Prepare toys, books, and games for children to use on Yom Kippur. Remove packaging, if needed
- ☐ Put away *muktzeh* toys
- ☐ Plan low-energy activities to keep your children entertained during the fast

- ☐ Open sealed bags, packages, tissue boxes, diapers, baby items, etc.
- ☐ Set your Shabbos alarm clock for the morning
- ☐ Set timers
- ☐ Turn on lights, night lights, and outdoor lights
- ☐ Turn off fridge and freezer lights
- ☐ Set AC or heat and turn on fans
- ☐ Turn off/on security alarm and bypass switches
- ☐ Lock doors and windows as others are aware that we are in shul most of the day
- ☐ Take care of any pet needs
- ☐ Water plants
- ☐ Prepare candles, making sure they are stable and a safe distance from drapery, flammable items, and children
- ☐ Emergency service personnel should do their usual pre-Shabbos preparations
- ☐ Check relevant last-minute emails and news updates. Visit [BaltimoreJewishLife.com](http://BaltimoreJewishLife.com)
- ☐ Print uplifting and engaging Torah emails and reading materials for yourself and your children
- ☐ Charge cell phones, electronic and motion-activated devices (e.g., tablets, laptops and dashcams) and turn them off
- ☐ Make sure everyone is bathed and dressed early for Yom Tov
- ☐ Set the table and eat the Seudah HaMafsekes
- ☐ After the Seudah HaMafsekes, cover the table with a white tablecloth, if that is your minhag
- ☐ Give the *Birchas HaBonim* (Blessing of the Children), keeping in mind time differences (Israel is 7 hours ahead of EST)
- ☐ Remove gold jewelry
- ☐ Remove leather shoes
- ☐ Brush your teeth
- ☐ Baltimore candle lighting is at **6:49 pm**. For *zmanim* (halachic times) in North America call 718-331-8463. For anywhere in the world visit [www.myzmanim.com](http://www.myzmanim.com).
- ☐ 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 *brachos* of *L'Hadlik Ner shel Yom HaKippurim* and *Shehecheyanu*
- ☐ Verbally state that you are taking on the holiness of Yom Kippur several minutes before sunset
- ☐ *Daven Tefilla Zakah*
- ☐ Be sure to follow a doctor/rabbi's advice regarding taking medications on Yom Kippur



- ☐ Remember, the mitzvah of raising children is as important as davening in shul

## 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
- ☐ 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 with names of family and people for *mi shebeirachs*
- ☐ Shtender(s), if allowed
- ☐ Cloth for Kor'im (bowing)
- ☐ 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 your shul is in the eruv
- ☐ If you drive to shul, place your keys in a designated safe area in shul

## Yom Kippur .....

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



## If You Are Staying Home From Shul

- ☐ Prepare a quiet spot for davening where you will be able to concentrate well.
- ☐ Make sure to have your *machzor* 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 ask 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 speak with him directly on Yom Kippur.
- ☐ Hearing *shofar* blasts at the end of Yom Kippur is not required to end the fast.

## Motzei Yom Kippur

- ☐ In Baltimore, the fast ends at 7:48 pm (42 min.)
- ☐ Kiddush *Levana*
- ☐ Bring all your Yom Kippur belongings home from shul
- ☐ For *Havdalah*, use the extra candle that was lit before Yom Kippur to light the *Havdalah* candle
- ☐ Begin building the *succah* and purchase a *lulav* and *esrog*, if not done before Yom Kippur
- ☐ Put away *tallis*, *machzorim*, and other Yom Kippur items
- ☐ Check your shul's schedule to see if *Shacharis* will be earlier than usual the next day

## Breaking the Fast

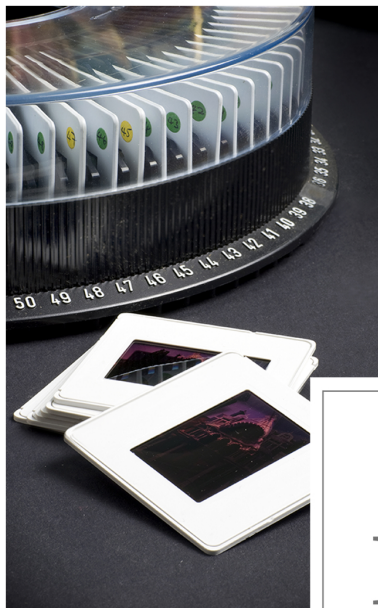
- ☐ Drink and eat at a slow pace
- ☐ Eat moderately
- ☐ Avoid pastries, salty foods, and soda
- ☐ Stretch and take a short walk
- ☐ Do not eat too late at night
- ☐ Drink more water before you go to sleep

**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](mailto:info@chesedfund.com) for inclusion in next year's checklist.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



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This guide should be a zechus for a refuah shelaimah and long life for Leah Zecharya bas Shulamis, שתחי, Avraham Shmuel ben Yocheved Leba Bracha, שתחי, Yona Nosson ben Miriam, שתחי, Yehudis bas Devorah, שתחי, and Ilana Leah bas Chaya Bracha, שתחי, as well as a zechus for a long life and to find her zivug for Devorah Leah bas Yocheved, שתחי.

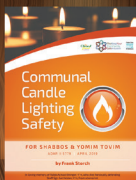
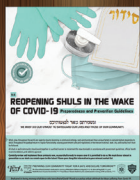
**Baltimore Hatzalah:**  
**410-358-0000**

**Baltimore Shomrim:**  
**410-358-9999**

To bring this checklist to your community, please contact Frank Storch at 410-653-3333 or [info@chesedfund.com](mailto:info@chesedfund.com).

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**The Chesed Fund LIMITED**

The Chesed Fund Limited is dedicated in memory of Mordechai & Rebecca Kapiloff, ז"ל, Dr. Bernard Kapiloff, ז"ל, and Rabbi Norman & Louise Gerstenfeld, ז"ל.  
Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo & Hannah Storch, ז"ל.

**Project Ezra**  
Of Baltimore

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

Special thanks to The Eruv List for distribution of this guide.

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