



Mikvah Checklist

Body

- ☐ Remove jewelry and bandages
- ☐ Wash entire body with soap and warm water
- ☐ Soften scabs and remove if possible
- ☐ Inspect entire body to ensure that it is free of intervening substances

Hair

- ☐ Remove hair ties, clips and pins
- ☐ Wash with shampoo
- ☐ Rinse thoroughly
- ☐ Comb

Hands & Feet

- ☐ Remove nail polish or false nails
- ☐ Cut, file, and clean nails
- ☐ Clean skin from dirt

Eyes

- ☐ Remove makeup
- ☐ Remove glasses, contacts, and false eyelashes

Ears

- ☐ Clean in and around the ear

Nose

- ☐ Blow and clean nose

Mouth

- ☐ Remove dentures, retainers, or any other removable dental apparatus
- ☐ Floss and brush teeth