

# OMER PERIOD: PERMITTED ACTIVITIES

## Buying Clothes Allowed during Omer

You may buy and wear new clothes during sefirat ha'omer.

## Cutting Nails Allowed during Omer

You may cut your nails during sefirat ha'omer.

## Saying SheHecheyanu Allowed during Omer

You may say she'hecheyanu during sefirat ha'omer.

## Swimming Allowed during Omer

You may swim during sefirat ha'omer.