## **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*.

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com