

SHABBAT: PREPARATION CHECKLIST

Preparing For Shabbat

Here are some suggestions (these are NOT halachot!) of what to prepare in advance of Shabbat. Add or delete to suit your needs!

Candle Lighting

- Check candle lighting time
- Set the candles in their holders (and have matches nearby)

Set the Table

Set the table, including the challa and its cover and the wine cup.

Kitchen Preparation

- Sharpen knives
- Tear paper towels
- Refrigerator: Turn off or unscrew lights; disconnect any LEDs or fans
- Set up blech
- Set up hot water urn
- Turn off stove, oven

Food Preparation

- Thaw frozen meat, fish, and other food that might take hours to defrost before being cooked
- Cook whatever can be cooked ahead of time on Thursday night, Friday morning, or earlier in the week
- Squeeze lemons; do any other boreir-type preparations
- Chill wine
- Open bottles and cans that will be needed on Shabbat
- Prepare tea essence

Cleaning

- Make beds
- Sweep or vacuum
- Dump garbage

Clothing

- Do laundry
- Empty pockets of muktza (or if there is no eruv, of everything!)
- For men, set out Shabbat talit

Muktza

Check that nothing you will need is beneath a muktza item

Personal Care

- Cut hair and nails, if needed
- For men, shave or trim beard and mustache, if needed
- Tear dental floss
- Tear toilet paper or put out tissues in bathrooms
- Open any new boxes of tissues

Electronics

- Set heat or air conditioning
- Turn on or off lights, or set timers for them
- If desired, turn off or disconnect:
 - Alarms
 - Cellphones and phones
 - Computers
 - Microwave detectors
 - Other electronics

Eruv

Check that the eruv (if any) is good