

# TZITZIT: WHEN TO WEAR

## Tzitzit: At Which Age To Wear

Boys begin to wear tzitzit as follows:

Custom: When the boy is toilet trained and knows how to say the blessing.

Halacha: When the boy knows that two tzitzit go in front and two in back.

## Tzitzit: At Night or While Sleeping

Tzitzit should be worn day and night but not during sleep. (The commandment is to wear tzitzit only during the day, but they still provide protection at night.)

**NOTE** Men (and boys) wear a talit katan even after dark but only on clothes which are primarily worn during the daytime), due to doubt as to whether tzitzit are required at night.

## Tzitzit: When Hot

You do not need to wear a talit katan at any time when you would not wear a shirt, such as if it is too hot or if you are too sweaty. If you wear a shirt, you should also wear a talit katan.

## Tzitzit: Interference with Activity

You do not need to wear tzitzit if they will interfere with an activity such as swimming, scuba diving, or gymnastics (and, for me, hanging upside down on a flying trapeze!).