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!).

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