

■ Yom Kippur Preparation Guide ■

Introduction

Yom Kippur, the Day of Atonement, is the holiest day of the year. It is a time of prayer, reflection, and seeking forgiveness. As the Torah teaches: “For on this day He shall atone for you, to purify you...” (Vayikra 16:30).

Before Yom Kippur

Checklist of preparations:

- Kapparot (if practiced)
- Ask mechilah (forgiveness) from others
- Give tzedakah
- Mikveh (for men, if applicable)
- Festive meal (Seudah Mafseket)

Practical Fasting Preparation

Tips to make the fast easier:

- Drink water the day before
- Avoid salty or spicy foods
- Eat a balanced pre-fast meal (protein + carbs)
- Avoid coffee and alcohol
- Wear comfortable shoes/clothes for shul

The Five Inuyim (Afflictions)

On Yom Kippur, the following are prohibited:

- Eating and drinking
- Washing
- Anointing with lotions/oils
- Wearing leather shoes
- Marital relations

Shul & Tefillah Guide

Key prayers and themes of the day:

- Kol Nidrei
- Vidui (confession) and Al Chet
- Neilah (closing prayer) and shofar blast
- Focus on Teshuva, Tefillah, Tzedakah

Reflection Prompts

Use these to guide your teshuva and self-growth:

- 3 things I want to change this year
- 3 people I need to ask forgiveness from
- 3 mitzvot I want to strengthen

After the Fast

What to do after the fast ends:

- Make Havdalah on wine or juice
- Begin building the sukkah (minhag)
- Eat a light meal, gentle on the stomach

Closing Inspiration

As Rambam teaches: "Teshuva brings close those who were distant." May you be sealed for a year of blessing and peace.