



Mikveh Checklist

Removing potential chatzitzot

- ☐ Clothing, jewelry, contact lenses, hair accesories, etc.
- ☐ Dirt, ink, paint, adheseve, etc.
- ☐ Makeup, nail polish (according to some views, a woman may immerse with a well-maintained manicure)
- ☐ Contraceptive ring, contraceptive or medical patch, bandaids, bandages
- ☐ Certain medical or dental devices (subject to individual halachic ruling)
- ☐ Washing hair with warm water
- ☐ Untangling all hair

Washing the entire body, including gently cleaning

- ☐ Eyes, ears, nose, skin folds, navel, genitals, anus, nails, toes
- ☐ Cleaning teeth
- ☐ Following one's custom with hair removal, nail trimming, soaking scabs

Shortly before immersion

- ☐ Customary: Rinsing off and using toilet as necessary
- ☐ Obligatory: Iyun – checking oneself over for any chatzitzot

*Once you've completed your preparations, you can immerse with confidence.
There's no need to worry or second-guess yourself.*