HEFSEIK TAHARAH CHECKLIST

1. Begin preparations so that the hefseik taharah can be done one hour before sundown.
2. Bathe, shower or at least wash between the thighs.
3. Wash hands.
4. Place finger in center of cloth and wrap around or fold over finger.
5. Insert cloth as deeply as possible and rotate it while pressing it into all crevices.
6. Remove cloth and inspect both sides carefully.
7. If the hefseik taharah is questionable, repeat it.
8. Insert a cloth for moch dachuk (preferably rotate it and press it into all crevices) and remove it after dusk (tezis hakocalvim).