

Translation:Shulchan Aruch — Orach Chaim 2: Laws of getting dressed

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Exported from Wikisource on March 4, 2025

2: Laws of getting dressed.

1 One should not put on his under-garment from a sitting position (*Tur*), but should rather take his under-garment and insert into it (his head) and arms while he is still lying down, with the result that when he gets up he is covered.

2 One should not say: "I am now in an inner room - who can see me?", for the Holy One Blessed Be He, "His glory fills the whole earth".

3 One should be particular to put on the undergarment the way it goes, so that it he should not turn it inside out.

4 One should put on the right shoe first and not fasten it, then after that put on the left one and fasten it, and return and fasten the right one. *Gloss: And in the case of our shoes which do not have a fastening, one puts the right one on first. (Tosafot, Chapter Bameh Ishah, page 61)*

5 When one takes off one's shoes, one takes off the left one first.

6 It is forbidden to walk in an overly upright posture, and one should not walk four amot with the head uncovered, and one should examine one's orifices.

Gloss: And one should cover his entire body, and should not go barefoot (Or Zarua). And One should accustom oneself

to relieve oneself morning and evening, which is alacrity and cleanliness (Hagahot Maimoni, Chapter 5 of Deot).

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