Belt/gartel with Robes

You only need to wear a belt/gartel (for saying blessings, prayer services and for studying holy texts) if:

- You are wearing an open and loose garment such as a robe (or other toga-like garments) and
- You are not wearing any undergarments.

NOTE The belt separates upper from lower parts of your body and this requirement is not normally relevant for Western attire. If it is your family tradition, you should follow that. There may also a kabalistic reason to wear one.

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