

SUMMER PACKING LIST

You may not be packing just yet, but it's a good idea to read through our suggested packing list, think and prepare ahead of time. The list below should be used as a guide and is supposed to remind you of all the other things you'll need or want with you when you travel.

GENERAL INFO

1. You will not have a chance to do laundry - pack enough for the 10 full days.
2. Pack lightly! We will be changing hotels either daily or every other day or so and some places have stairs with no elevator. If you can't lift and carry your suitcase, rethink and repack.
3. Summer weather in Israel can vary a great deal, from very hot and humid on the coast, to cool and dry desert evenings. Be sure to pack suitable clothing for hot summer days and possibly cool nights. In other words, layer! You can check the weather report prior to arrival at: <http://bit.ly/21qKDNR>
4. Bring clothes that you don't mind getting dusty/dirty.
5. Bring some modest clothes suitable for visits to religious sites. This means skirts or pants that fall below the knee for women (a wrap-around skirt that can be easily worn over clothes is a great solution), a kippa (or some other head covering) for men, and shirts that cover the shoulders for both men and women.
6. You will need a day pack to carry with you on the bus - this will also be used for one overnight plus the next day. Also, on the bus, you may want to have an MP3 player, a book, a sweatshirt, etc. - basically stuff that you'll want during the day. It should be big enough to hold a large water bottle or a camelback style container.
7. For hiking trails you must have closed-toe shoes (sneakers, hiking boots, etc.). You may be walking through water so Teva style shoes would be good too. Other than that you'll be in the city - so bring comfortable shoes to wear daily. Flip flops are not recommended for touring but are allowed.
8. As per the Birthright Israel guidelines we operate under, you will be required to wear a hat every day.
9. Prescription Medication - Be sure you pack enough for the ENTIRE trip (please pack this in your carry-on) plus an extra supply in your check-in luggage. We also recommend bringing a spare prescription.

CLOTHING

- 14 pairs of underwear
- 10 pairs of socks
- 1 nice outfit for Shabbat (coat and tie are not necessary as Israel is very casual)
- 2-3 pairs of jeans/pants
- 5-7 pairs of shorts / skirts
- "Going out" outfit for nights out
- Modest clothing for religious sites
- 10 short sleeved shirts or T's
- 2 sweaters or sweatshirts or long sleeved shirts
- 2 bathing suits
- Sleepwear
- 1 pair of lightweight hiking shoes/comfortable walking shoes (closed-toe). They do not need to be heavy duty just comfortable for some trail hikes (required)
- 1 pair of water shoes for hikes with water (Teva type sandals)
- 1 towel
- 2 hats (required)

MISCELLANEOUS ITEMS

- Sunglasses
- Sunscreen!!!
- Toiletries (shampoo, toothbrush, etc.)
- Insect repellent
- Adapter for electrical appliances
- Phone / Tablet / Camera / Memory card / Charger
- Reusable water bottle
- Mini flashlight
- Music
- Plastic bag for wet/dirty clothes

FOR THE FLIGHT

Be sure to pack a change of clothes in your carry-on luggage, just in case your luggage is misplaced or delayed. We suggest your carry-on include:

- Toiletries
- Change of underwear/clothes
- Medicine and spare prescriptions
- Camera / music / chargers
- Money, Credit cards, ATM card
- Passport and Visas
- Reading material
- Something to eat (especially if you have special dietary requirements)
- Glasses or contact lenses and cleaning equipment

Remember: You cannot carry on bottles containing liquids that are larger than 100ml - they will be confiscated.

Finally, Israel is a modern country will almost everything you have at home (often even the same brands) so if you forget anything, don't panic - you can buy what you might need when you land.

SEE YOU SOON!

The Israel Experts Team