

LIVING EDUCATION ISRAEL TRIP SUGGESTED PACKING LIST

CLOTHING-Touring—Do not over pack (Each group member is allowed one medium size suitcase – preferably a roller bag that would fit in the overhead on the plane in necessary; and one soft carry-on (possibly a backpack)

- Luggage Limit: One medium size checked bag and one soft carry-on (possibly a back pack)
- Soft wide-brimmed hat
- Lightweight shirts (5)
- Lightweight long-sleeved shirt (2) if you are sun sensitive or need more coverage
- Lightweight fabric shorts/capris (3) which dry quickly
- Long pants (2) evenings get cool
- Ladies -2 skirts—ankle or well below the knee or light-weight dress of the same length
- Ladies, a scarf to wrap around your arms (for religious sites)
- Swimming suit (one piece or tankini for women). No Speedos-type suits.
- Water shoes or Teva-type shoes (flip flops will not do the job)
- Sandals or comfortable casual shoes
- Lightweight fleece or sweatshirt may be desirable for plane rides, cool mornings and evenings, a/c, etc
- Socks (5 pairs)
- Hiking or running shoes. Stay clear of “waterproof.” Some don’t allow your feet to breath and since it will be hot you’ll want your feet to breath.

Dig Clothing (also see Dig packing list) – bring old clothes that you can throw away after the dig if you want to make room in your luggage.

- Hat for digging - it will get sweaty and dirty
- Sweat band or bandana (optional, but very useful)
- Lightweight shirts--no restriction on length of sleeves- but consider sun exposure
- Shorts and/or light-weight pants
- Gloves (gardening gloves with tips are fine)

SUPPLIES

- Passport—Make 3 copies. Put one copy in your suitcase, give one copy to a trip organizer and one copy to contact at the office. Always keep your passport or a copy with you at all times. (A passport pouch with a neck chord is ideal) **DO NOT FORGET YOUR PASSPORT!!!!** Check the expiration date.
- Sunglasses are a must. You may want a neck cord.
- Lightweight towel (1 or 2) (use to wring out clothes when hand washing, swimming)
- Backpack
- Water bottles (preferably one that holds at least 1 litre or 2 litres of water with a carrying strap)
- Small Bible
- Note book & pen for journaling
- Small flashlight (kept in backpack for touring tunnels/caves)
- Sunscreen (the sport kinds are best as they are generally sweat proof) and Chapstick with SPF
- Snacks -- Granola bars, protein bars, trail mix, dried fruit. No chocolate because it will melt.
- Medications if necessary – Motion sickness, headache, etc.
- Neosporin and band aids in backpack
- For women, feminine-hygiene products
- Record of any important medical allergies, medicines, immunizations. Take copies of medical insurance.

- ❑ Lots of tissue packs—many of the bathrooms do not supply toilet paper. Keep in 1 pack in backpack
- ❑ Optional Hand sanitizer (small bottles)
- ❑ Optional Pack of disposable cloths (Wet Ones) may come in handy but are not necessary
- ❑ Toiletries—shampoo, shave cream, soap, hair supplies. These must be less than 3 oz if in a carry-on
- ❑ Camera
- ❑ Optional Electrical adapter (220 voltage, 2 or 3 prong European type). Most electrical gadgets and chargers have a built-in converter, which means you will only need an adapter. However, if they don't you will need a converter.
- ❑ Optional Loofa/sponge/net wash cloths as many places don't provide them.
- ❑ Optional Inflatable pillow for use on the plane or when traveling. Inflatable ball for sleeping forward on plane.
- ❑ Optional Rubber plug (to do laundry in sink by hand) or use sock inside zip-lock bag to plug sink
- ❑ Small plastic bottle/bag of laundry soap in a zip lock bag for washing clothes in sinks (or bar soap)
- ❑ Optional Rope for drying clothes
- ❑ Alarm clock
- ❑ A few Plastic Ziploc bags (large & small) for wet and miscellaneous items
- ❑ Cloth bag for dirty clothes and use if you need more room to bring back souvenirs then check your carry-on
- ❑ Small bills (singles and fives) if using US dollars – can use US Dollars in some Old City shops for bargaining. Exchange rate usually higher at shops and change will be in shekels.
- ❑ Money belt or passport pouch (to carry your money safely)

ADDITIONAL PERTINENT INFORMATION AND TIPS

- Passport—the expiration date on your passport should be at least 6 months past your arrival in Israel. Immigration and airlines have been known to disallow visitors if the expiration date doesn't extend to 6 months.
- Phones/Skype/Facetime – You will need to check with your cell phone carrier to see if you have international capabilities. There are companies in the US that allow you to rent international cell phones.
- Pack a change of clothes in your carry-on or cross pack with someone else on in the event your luggage gets lost. Planes can get cold so you may want something to cover up.
- Wear clothes on the plane that you can wear sightseeing after you arrive.
- May consider eye mask that will help you sleep on the plane.
- Drink a lot of water on the plane to keep hydrated and it will also significantly reduce jet lag. Exercise feet and legs
- Israel is 7 hours ahead of Charlotte.
- The flights are long--12 hrs on the return flight. Bring something to pass the time. Bring ear buds.
- Temperatures are in the 80s and 90s and over 100F at Masada. Evenings can get cool--60s. It does not rain in the summer.
- Not recommended that you have clothing or labels on your bags/backpacks that identify you as an American. Do not bring clothing that makes you stand out.
- Credit card—Notify credit card company that you will be in Israel and give them the dates or you may find they have frozen our card thinking it is being used fraudulently.
- If using a debit card, your PIN should not be over 4 digits. Some machines only allow 4 numbers
- Israel currency is called the 'shekel'. Shekels are abbreviated as either ILS, or more commonly NIS (which stands for New Israeli Shekel). On Feb 14 the exchange rate was US 27 cents to INS

<https://fx-rate.net/ILS/USD/>

<https://www.go-telaviv.com/israel-currency.html>