

# Packing List- Summer



## Clothing:

- Short sleeve shirts and pants/shorts for 11 days
- 12 pairs of underwear
- 12 pairs of socks
- 1 pair of sweatpants
- Sleepwear
- 1 sweatshirt- it can get chilly at night
- 2 long sleeve shirts
- Comfortable sneakers/walking shoes without heels
- 2 or 3 bathing suits
- Hat (very important to block sun)
- Hiking boots or sturdy sneakers **\*Required\***
- Sturdy "water" shoes/sandals (You will need them! Crocs/Texas are fine. Flip-flops aren't)
- 1 pair of nice shoes for Shabbat
- Girls:
  - ✓ 1 or 2 casual long skirts (covering the knees) for weekday touring at religious sites
  - ✓ 2 long skirts for Shabbat
  - ✓ 2 nice blouses/tops (covering the shoulders) for Shabbat
- Guys:
  - ✓ 2 button-down shirts for Shabbat
  - ✓ 2 pairs of nice khakis/slacks for Shabbat

## Extras:

- Backpack/overnight bag **\*Required\***
- 1 Towel (for swimming outside of Hotels)
- Flashlight (you will need it!)
- Plug adapter for Israel (for appliances that convert voltage automatically. Click [here](#) for an example.)
- Plug converter for Israel (for devices that don't convert automatically. Click [here](#) for an example of a converter, but best to ask in your local electronics store)
- Electrolyte/Gatorade powder (helps to stay hydrated in the heat!)

## Toiletries:

- Shampoo / Conditioner
- Soap
- Toothbrush and toothpaste
- Deodorant
- Sunscreen (minimum 30 SPF – very important!)
- Eyeglasses and/or contact lenses
- Lip balm
- Band-Aids
- Aftershave
- Feminine Products
- Shaver / razors
- Any prescription medication & a photocopy of the medication
- Tylenol, Ibuprofen, Imodium, etc
- Antibacterial hand lotion
- Tissues
- If you have allergies, be sure to bring a few Epi-Pens with you – one to be carried by you, one for the medic and one spare.

## For the Airplane:

- Passport (You cannot come to Israel without a **valid** passport. If you have a US and Israeli passport, you will need to bring both.)
- Deodorant
- Change of clothes
- Sweatshirt
- Toothbrush and toothpaste
- Camera or Smartphone (and charger)
- Snacks
- Magazines, books, etc...
- Journal

## A few tips:

- ✓ It is essential to leave a photocopy of your passport at home
- ✓ If you can't lift it yourself, then you've got too much stuff in your bag. Remember, it will only get heavier once you buy gifts and souvenirs! Try to use luggage with wheels.
- ✓ We highly recommend bringing a luggage lock to keep your valuables safe.