

# IsraelNow Packing List

"There is no such thing as bad weather. Only unsuitable clothing."

Alfred Wainwright, *A Coast-to-Coast Walk*

- Each participant may bring only **ONE** suitcase/duffel bag (*50 pounds max*) and a backpack for carry-on luggage (*must fit under the seat and not exceed 18 pounds*)
- Participants carry their own luggage
- Clothing, luggage, and personal items must be clearly marked with teen's name
- Leave all valuables and treasured items at home! (IsraelNow is not responsible for lost items)
- **MASKS:** 1 or 2 for each day (we will not be washing masks)

## Clothing for checked bag

- 3 pairs of jeans/comfortable pants
- 8 regular shirts/t-shirts
- 1 pair of shorts
- 2 outfits for Shabbat
  - 1 for Friday Night
  - 1 for Saturday (*Modest Shabbat outfits required*)
- Closed toe water shoes for the Dead Sea, NO sandals
- Hiking shoes or gym shoes/sneakers
- Modest bathing suit
  - One piece or modest two-piece
  - Brief-style trunks
- Towel & plastic bag for wet bathing suit
- 1 light jacket (*ex: windbreaker, fleece*)
- 1 waterproof winter coat
- Sunglasses
- Gloves/mittens/scarf
- Foldable rain poncho
- Tallit (*prayer shawl*) & kippah (*If this is the teen's custom. Please label Tallit bags*)

## **Medication**

- Bring a 10-day supply of all current medications. Each prescription must be in its original container, placed in a Ziplock bag with the teen's name, name of medication, and dosage clearly marked
- Epi-pens: bring two (one for teen to keep and one for mishpacha leader to hold onto)

## Carry-on luggage contents

- 2 complete changes of clothes (*in case luggage is delayed*)
- Passport (*easily accessible for collection by staff upon arrival*)
- All medication (*easily accessible for collection by staff upon arrival*)
- Antibacterial wipes
- Toothbrush, toothpaste (*travel size*)
- Camera (batteries etc.)
- Journal and pen
- Books/magazines
- Nut-free kosher snacks for plane
- Girls: feminine products

## **Toiletries**

(Pack all liquids in Ziploc bags)

- Sunscreen
- Soap
- Deodorant
- Toothpaste, toothbrush, floss, wax for braces
- Shampoo/conditioner
- Body moisturizing lotion
- Brush/comb
- Laundry bag for dirty clothes
- Contact lens solution
- Extra pair of lenses or glasses
- 3 packages of pocket size Kleenex
- Razor
- Girls: feminine products

