

IsraelNow

Packing List



Clothing		
✓	#	Item
	3	Jeans/Pants
	8	T-Shirts
	1	Shorts
	3	Sweatshirts/Sweaters
	1	Friday Night Shabbat Outfit
	1	Water Shoes (req. for the Dead Sea, must have a closed toe and heel)
	1	Hiking/Gym Shoes
	1	Bathing Suit
	9 days' worth	Underwear and Socks
	2	Sleepwear
	1	Light Jacket (windbreaker/fleece)
	1	Waterproof Winter Coat
	1	Sunglasses
	1	Gloves/Mittens
	1	Rain Poncho/Rain Jacket

Medication		
✓	#	Item
	18 days' worth	Prescription Medication (<i>in carry-on</i>)
	2	Epi-Pens (<i>in carry-on</i>)
	1	Inhalers, enough medicine for 10 days (<i>in carry-on</i>)
	1	Braces Wax (<i>in carry-on</i>)
	1	Contact Lens Solution
		Extra Contacts and/or Prescription Glasses.

Miscellaneous		
✓	#	Item
	30	Face Masks (N95, KN95, KF94)
	1	Alarm Clock
	1	Camera Charger (with adaptor) or Batteries (<i>in carry-on</i>)
	<i>optional</i>	Neck Pillow (<i>in carry-on</i>)
	1-2	Books/Small clothing for Tzedaka projects
	1	Swim Cap (required for pool if you have long hair)

Toiletries		
✓	#	Item
	1	Sunscreen
	1	Soap
	1	Deodorant
	1	Small bottle of hand sanitizer
	1	Toothpaste
	1	Toothbrush
	1	Floss
	1	Shampoo
	1	Conditioner
	1	Body Lotion
	1	Brush/Comb
	1	Laundry Bag
	1	Pocket Sized Tissues
	1	Razor/Shaver
		Menstrual Products

Carry-On		
✓	#	Item
	4	Face masks (N95, KN95, KF94)
	2	Complete changes of clothes
		Passport
		All Medication, Epi-Pens, and Inhalers
		Travel toothbrush/toothpaste
		Camera
		Journal and Pens
		Books/Magazines
		Menstrual Products
		Headphones with plug (for TVs on plane)
		Nut-Free, Kosher snack
		Nut-Free, Kosher lunch and dinner