



ISRAELNOW Packing List

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

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

- Participants may bring only **ONE** suitcase/duffel bag (50 pounds max) and a backpack to carry-on.
- Northern California tends to flex in their temperatures. Plan to dress in layers and bring raingear.
- Clothing, luggage, and personal items must be clearly marked with teen's name.
- Leave all valuables and treasured items including cell phones @ home! (IN is not responsible for lost items)

Clothing		
✓	#	Item
	3	Jeans/Pants
	6	T-Shirts / Long Sleeve
	2	Shorts
	3	Sweatshirts/Sweaters
	1	Outfit for camp-style Shabbat (please wear white for Friday night)
	2	Hiking/Gym Shoes
	8 days of	Underwear and Socks
	2	Sleepwear
	1	Light Jacket (windbreaker/fleece)
	1	Sunglasses
	1	Gloves/Mittens
	1	Rain Poncho/Rain Jacket
	1	Rain Boots

Toiletries		
✓	#	Item
	1	Sunscreen / Lip Balm
	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
		Contact Lens Solution
		Feminine Hygiene Products

Medication and Items for Your Carry-on Luggage

✓	#	Item
	10 days of	Prescription Medication
	2	Epi-Pens
	1	Inhalers, enough medicine for 10 days
	1	Braces Wax
	1	Complete changes of clothes
		Headphones with plug (for plane media)
	1	Flashlight

✓	Item
	Passport / Photo ID
	Over-The-Counter Medication
	Travel toothbrush/toothpaste
	Camera
	Journal and Pens
	Books/Magazines
	Nut-Free snacks/ lunch for the flight

Miscellaneous - Optional

✓	#	Item
	1	Neck Pillow (<i>in carry-on</i>)
	1	Alarm Clock
	1	Camera Charger or Batteries

✓	Item
	Extra Contacts and/or Prescription Glasses
	Umbrella