



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.
- Israel tends to flex in their temperatures. Plan to dress in layers.
- 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
	8	T-Shirts / Long Sleeve
	2	Shorts
	3	Sweatshirts/Sweaters
	1	Outfit for camp-style Shabbat
	1	Water Shoes (required for the Dead Sea, must have a closed toe and heel)
	2	Hiking/Gym Shoes
	1	Bathing Suit
	9 days of	Underwear and Socks
	3-4	Sleepwear
	1	Light Jacket (windbreaker/fleece)
	1	(Waterproof) Winter Coat
	1	Sunglasses
	1	Gloves/Mittens
	1	Rain Poncho/Rain Jacket
	1	Towel and Plastic Bag for The Dead Sea

Toiletries		
✓	#	Item
	1	Sunscreen / Lip Balm
	1	Soap (optional)
	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
		Menstrual Products

Medication and Items for Your Carry-on Luggage

✓	#	Item
	14 days of	Prescription Medication
	2	Epi-Pens
	1	Inhalers, enough medicine for 14 days
	1	Braces Wax
	2	Complete changes of clothes
		Headphones with plug (for plane media)
		Nut-Free snacks

✓	Item
	Passport
	Over-The-Counter Medication
	Travel toothbrush/toothpaste
	Camera
	Journal and Pens
	Books/Magazines
	Nut-Free lunch/ dinner while waiting for the plane to depart

Miscellaneous - Optional

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

✓	#	Item
	1-2	Books/Small clothing for Tzedakah
	1	Swim Cap (required for pool if you have long hair)
		Extra Contacts and/or Prescription Glasses