



ISRAELNOW PACKING LIST

- Participants may bring only ONE suitcase/duffel bag (50 pounds max) and a backpack to carry-on.
- Temperatures in Israel tend to change. 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			Toiletries		
✓	#	Item	✓	#	Item
	3	Jeans/Pants		1	Sunscreen / Lip Balm
	8	T-Shirts / Long Sleeve		1	Soap (optional)
	2	Shorts		1	Deodorant
	3	Sweatshirts/Sweaters		1	Small bottle of hand sanitizer
	1	Outfit for camp-style Shabbat		1	Toothpaste
	1	Water Shoes that won't slip off (Not Flip-Flops-required for the Dead Sea)		1	Toothbrush
	2	Hiking/Gym Shoes		1	Floss
	1	Bathing Suit		1	Shampoo
	9 days of	Underwear and Socks		1	Conditioner
	3	Sleepwear		1	Body Lotion
	1	Light Jacket (windbreaker/fleece)		1	Brush/Comb
	1	Winter Coat		1	Laundry Bag
	1	Sunglasses		1	Pocket Sized Tissues
	1	Gloves/Mittens		1	Razor/Shaver
	1	Rain Poncho/Rain Jacket			Contact Lens Solution
	1	Towel and Plastic Bag for The Dead Sea			Menstrual Products
Items for Your Carry On Luggage					
✓	#	Item	✓	#	Item
	14 days of	Prescription Medication (to be handed over to staff on departure day)			Passport (to be handed over to staff on departure day)
	2	Epi-Pens (to be handed over to staff on departure day)			Cell Phone and Charger (to be handed over to staff on departure day)
	1	Over-The-Counter Medication (to be handed over to staff on departure day)			Travel toothbrush/toothpaste
	1	Braces Wax			Camera
	2	Complete changes of clothes			Journal and Pens
		Headphones with plug (for plane media)			Books/Magazines
		Nut-Free snacks			Nut-Free lunch/ dinner while waiting for the plane to depart
Miscellaneous - Optional					
✓	#	Item	✓	#	Item
	1	Neck Pillow (in carry-on)		1	Reusable Water Bottle (at least 16 oz.)
	1	Alarm Clock		1	Swim Cap (required for pool if you have long hair)
	1	Camera Charger (with adapter for use in Israel) or Batteries			Extra Contacts and/or Prescription Glasses
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