

ISRAEL PACKING LIST

1 Checked Suitcase + 1 Carry-On + 1 Purse or Small bag

REQUIRED

- Harmony of the Gospels**
- Compact Bible** (electronic is okay)
- Clothes**— Loose-fitting, layerable, quick-dry/wicking, breathable, & easy-care fabrics
 - Zip-off pants (Work as pants and shorts) & loose fitting quick-dry tops (Long & Short sleeved).
 - Clothes you can get dirty and wet to walk through Hezekiah's tunnel.
 - Under garments (Socks & Underwear)
- Modesty clothes** (“Catholic” and “Muslim”)
 - Women Catholic (many days but just for a short time each day): **cover your shoulders and cover your knees**
 - Women Muslim (1 day only): **long sleeves to wrist, high neck** (or scarf to cover your neck/chest), **pants or dress that goes to ankle**
 - Men- **cover your shoulders and long pants for both Catholic and Muslim**
- Light Jacket/Sweat-shirt/Hoody** (evenings)
- 2+ pens**
- Passport/Tickets**
- Toiletries** (chap stick, cosmetics, shavers, shampoo/conditioner, teeth care items, simple first aid items.)
- Hiking or Trail Running Shoes** – Lots of walking, often over uneven terrain and slippery stones.
- Footwear that can get wet** (Hezekiah's Tunnel)
- Small pkgs Kleenex** (bathrooms)
- Sunglasses & Case** (Holder string is helpful)
- Backpack/day bag**
- LEAVE EXPENSIVE JEWELRY AT HOME**

SUGGESTED

- Discreet Passport/Money Holder**- (Neck or Body)
- Food for snacks** – Bring mainly high protein (i.e.: granola bars, nuts, trail mix, dried fruit, beef jerky, peanut butter, crackers) You may be able to avoid buying lunch if you bring snacks for lunch. Chocolate will melt
- 1-2 Refillable Water Bottle(s)** (There will be water bottles available on the bus but it is advisable to bring your own water bottles)
- Combination lock for suitcase** – Needs to be TSA approved if using at airport
- Headlight/flashlight** (small) – caves, tunnel, and hotel
- Camera** – Extra batteries, memory cards, charger
- Hat**- Breathable with brim or visor; Due to strong winds, it's very helpful to have a string on it.
- Money*** - US Bills (nice, clean, new looking), or credit card (notify them of your travel plans before leaving); For lunch, airport transportation, snacks, bottled drinks at meals, and souvenirs
- Swimsuit & cover-up** (modest one-piece, ladies)

Medicines/Health needs

- **NOTE – No shots required!**
- Antibacterial gel or towelettes
- Antibiotics
- Aspirin/pain/cold/sinus/allergy meds
- Intestinal upset remedies
- Sunscreen
- Prescriptions (Pack in carry-on not in checked suitcase)
- Sleeping aids for jet lag
- Dramamine for bus/plane
- Band-aids (blister relief gel)
- Ear plugs/Eye Shades (Travel)
- Wash cloth**- hotels don't have them
- Hand soap**- hotels provide small bars daily

OPTIONAL

- Trekking pole**- compact & collapsible
- Smart Phone/Tablet/Laptop**- WiFi at Hotels; Check w/ your carrier about international rates/plans for texting and calling capabilities
- Alarm clock** (we don't do group wake up calls)
- Batteries** (extra for your devices)
- Calculator or currency conversion card**
- Converters/plug adapters/chargers/cables**
- Eye wear & care** (bring an extra pair)
- Hair Dryer**— hotels have a hair dryer. (Bring dual voltage item, or use a converter.)
- Clothes line, clothespins, & detergent** – if washing clothes in sink. Gloria has laundry service. En Gev has washer/dryers – you purchase tokens.
- Nail Clippers**
- Umbrella** (For rainy seasons only)
- Journal/Notebook**
- Plastic bags**- for dirty/wet clothes
- Cooling towel** (wet snap) for hikes
- Money belt**
- Beach Towel** (or use the small hotel one)
- Ziploc bags** – Snack size (money so it doesn't get wet or for snacks); Sandwich size (for that roll or fruit from breakfast)

HOW MUCH MONEY TO BRING WITH YOU?* **INCLUDED IN FEES:**

Lodging, breakfasts & dinners, entry fees, tips, group bus, guide fees.

NOT INCLUDED/EXTRA EXPENSES:

Lunches (\$10-15 USD each), bottled water or soft drinks (at meals), snacks. **Transportation** (\$35-45/person) between the airport and our hotel.

Laundry at hotels (much less than in US hotels).

Extra money for souvenirs and extra exhibit entry fees.

Luggage- Only one checked suitcase! Check airline for weight limit. Usually has to be under 50 lbs. Mark your suitcase and carry-on bag so you can recognize them clearly in a pile of 25+ suitcases. Do not pack cameras, medication, or other valuables in your checked suitcase. Pack them in your carry on. Bring a **small combination lock** for your suitcase so you can lock up any valuables when we leave the hotel room each day.

Clothing- Since you are allowed 1 suitcase, pack carefully. Don't over pack...leave some room for souvenirs. Think layers...it will get cool in Jerusalem in the evenings and will be hot in the Dead Sea region. Temps will be between 60-95 degrees. Check the weather in Jerusalem right before you depart...it will be coolest there. Having comfortable shoes is a **MUST** (tennis/hiking shoes.) Shorts at the knee are acceptable. Jeans are OK for cool evenings. Some may want a pair of lightweight zip pants/shorts.

- **“Catholic” & “Muslim” Modesty Clothing-** there are certain holy sites where knees/legs and shoulders/arms must be covered. Each night we will tell you if you need modesty clothing any time the next day. You can either dress modestly for the whole day or have modesty clothes in your daypack, you can **quickly** get into **on the bus. Catholic modesty for women-** cover your shoulders...cover your knees. **Muslim modesty for women** (1 morning only)- cover arms to wrists, cover legs to ankles (No Capris), no low neckline, Head covering for women is never required. Catholic and Muslim modesty for **men-** long pants and a shirt that covers the shoulders. Most days will be warm and we might only have one modesty stop for an hour as part of a whole day...so you will want something to quickly slip into on the bus so you can wear shorts the rest of a hot day (Zip-off pants work great for modesty days!)
- **Swimming and footwear that can get wet-** You will want to bring your swimming suit. We will spend 4 nights along the Sea of Galilee at a hotel that has a beach. For women, it's also helpful to have a cover for your swimsuit when out of the water. We will also go through Hezekiah's tunnel in Jerusalem, a great experience. The water in the tunnel is spring fed so it can come up to your thighs during high flow. You will need **old shorts and shirt for the tunnel** (not your swim suit). You must wear footwear so you will need **shoes you can get wet.** (Crocs, water sock shoes, flip-flops, or hiking sandals.) Micah will be wearing Chaco sandals for most if not the entire trip.

Day pack- Each day we will leave the hotel by 8 a.m. and return in time for dinner. You will want a smaller daypack/backpack to carry your stuff during the day. Many times, you will leave this backpack or certain items on the bus while we get off and tour a site. You may want a secondary bag for the items you leave on the bus. Sometimes you will carry the backpack with you when we leave the bus for 3 hours at a time. This back pack will hold your water, camera, snacks, Bible, tour notebook (8.5 x 11), meds, modesty kit etc.... You need something that isn't huge, but that you can cram a lot of stuff into and carry with you for a few hours comfortably.

Electric Appliances- Israel uses 220-volt AC. Most modern electronics are designed to work within a range from 100 – 240 volts so a transformer is not typically necessary, although consult your specific electronics to be sure. If your appliance is rated for only 110 volts, you will also need a converter or transformer, which will change it from 220 into 110 volts. (If you plug your 110 appliances into 220, it will work at twice the speed for a few seconds and then never work again!). Once you have converted the electricity you still need to be able to plug the appliance into the socket, since the outlets are a different size. Go on-line and look at the adaptor plugs used in Israel to see what you need for your appliance (search “electrical adapters for Israel”). Most outlets accept the 2-prong small round adapter that is used in Europe. **NOTE:** You can buy 2-in-1 converters with outlet plugs. Read carefully to see if that's what you have.

Money- Israel uses the New Israeli Shekel (NIS). Each shekel is divided into 100 Agorot, which are like pennies. Many stores accept US dollars, so make sure you know whether any prices you are being quoted are in dollars or shekels. You are expected to barter in the shops in the Old City (except Jewish Quarter). Prices are generally fixed outside the Old City. MasterCard and Visa are usually accepted for larger purchases (Amex and Discover are not as readily accepted). I wouldn't give my credit card to most shops in the Old City...use cash only. ATM machines are available in the Old City, but I would only use one in the Jewish quarter (ATMs distribute shekels only). ATMs recognize your card as being issued from a bank in an English-speaking country so instructions should display in English. Do not exchange money into NIS before you arrive in Israel...you'll get a poor rate. We have a trusted relationship with a store owner in Jerusalem who gives a fair exchange rate and recommend exchanging your money safely with him. Pickpockets are at work in the Old City. Consider the use of a money belt worn under your clothing or zippered pockets. Guard your passport, money, and other valuables very carefully.

Cellular Devices (Phones and Tablets)- Israel has decent cellular coverage in the more populated areas. Although not necessary, if you would like to be able to make calls, text, or use data, you will need to check with your provider. Many Cellular providers have additional (temporary add-on) plans for international travel. Some providers include many international counties in their normal text messaging plans without an addition plan. If you are not planning on using the cellular features on your phone, it is advisable to turn off your cellular function on your phone to prevent your phone from roaming (wastes battery) or connecting to an international cellular provider and paying for service (expensive). Most of the hotels we will be staying at will have free wireless internet which you can use on your Wi-Fi enabled devices (including your phone). So, you will **not** want to turn your Wi-Fi off, just your cellular data.