

IN YOUR BACKPACK

Passport
Medication (packaged by AMAC and give out at the airport)
Toothbrush, toothpaste and toiletries
Other toiletries*
Change of clothes
Contact lens solution*, case and glasses
Books, magazines, cards, music
Snacks for the flight (no nuts, please)
Important phone numbers
Money, credit card, ATM card

*Please note that current airport security rules restrict the carry on of liquids to 3 oz. bottles. Any toiletries in liquid form should be placed in a separate 1 quart translucent bag.

LUGGAGE

1 large rolling duffel bag with luggage tag
1 large backpack
1 large fanny pack or mesh sports bag

IN YOUR SUITCASE

SHOES

1 pair of sturdy walking/hiking shoes (lightweight)
1 pair of gym shoes
1 pair of Chacos or other secure water sandals (closed heel)

CLOTHING

12-15 t-shirts including trip shirt
8 pairs of shorts
2 pairs of long pants or jeans
15 pairs of underwear
15 pairs of socks
4 pairs of summer pajamas
2 swimsuits
1 lightweight jacket or sweatshirt
2 sun hats

FOR GIRLS

1-2 outfit(s) for Shabbat: dress or skirt and top
1 outfit for religious sites: covers elbows and knees
5 bras
Tampons and pads

FOR BOYS

2 short-sleeved collared sport shirts for religious sites and Shabbat
1-2 pairs of nicer long pants for religious sites and Shabbat

OTHER

2 (32 oz./1 liter) water bottles
2 beach towels (lightweight)
1 laundry bag
Watch
Bandanas
Alarm Clock (battery operated)
Digital Camera/Disposable Camera (extra batteries/cables)
Flashlight and extra batteries
Books
Kippah/Yarmulke
Sunglasses
Extra pair of prescription glasses and/or contact lenses
Prescription medicine: if inhalers or EpiPens are needed, please send 2
Copy of the two i.d. pages of passport (laminated and reduced)
Spending money (see "Currency")

TOILETRIES

Toiletry Bag
Shampoo/Conditioner
Soap
Toothbrush and toothpaste
Shaving equipment
Tissues
Extra contact lens solution (very expensive in Israel)
Sunblock (at least 30 spf)
Insect Repellent
Anti-bacterial gel or wipes

OPTIONAL

Sleeping bag liner
Nylon water bottle sleeve
Ziploc bags
Journal
Travel-size hand wash detergent
Additional religious articles if you own them (tallit,tefillin)

Do not pack: linens, pillows, luggage that is not easily carried, expensive jewelry or other valuables, heavy hiking socks, laptop, phones, or Internet- ready devices.