

Packing List

- 2 lightweight suitcases
- Carry-on hand luggage
- Personal bag (for \$, ID papers, camera), backpack for carrying books, etc.

TRAVEL CLOTHING

- Loose fitting, comfortable slacks and a shirt (short sleeve layered with long sleeve or light jacket) as the plane will be 'cold.'

CLOTHING FOR CLASSES

- 2-3 pairs of shoes (1-2 pair of sneakers/closed shoes for the colder weather and 1 pair of sandals for the warmer weather)
- 2-3 pairs of slacks (or skirts)
- 5 short sleeve, loosely fitting tops
- 5 long sleeve, loosely fitting tops/ sweaters (for the colder weather)
- 1 light jacket
- 1 winter jacket, scarf, gloves and a hat for the winter months
- Accessorize as you wish
- Clothing for Shabbat (very casual in Israel)
- Add one more pair of slacks or skirt – a little 'nicer'
- Add two more shirts – a little 'nicer', one for Friday night and one for Saturday – some folks wear white shirts on Shabbat

OTHER CLOTHING:

- Sleepwear, cover up for going from shower to room (if sharing apartment) including slippers to wear around the house
- Underwear and socks/tights for 8 days
- Clothing for jogging/yoga
- Hiking shoes (sturdy sneakers are OK)
- Swim suit, towel and water shoes (croc's or flip flops)

TOILETRIES AND MISCELLANEOUS:

- Sun screen, toothbrush, toothpaste, dental floss, deodorant, hand soap, hair brush, razor, shampoo, conditioner, hand lotion, baby powder
- Non prescription drugs and first aid, make-up, comfort items
- Hand wipes or sanitizing lotion, alarm clock, tissues, sewing kit, first aid kit, tweezers, nail clipper, over the counter prescription: aspirin, antacid, etc.
- Makeup
- Prescription drugs – It is preferable that the prescription drugs are in a sealed packet/ bottle. Bring a letter from you local doctor to verify your need for the drugs if you are bringing large quantities to Israel. Also take extra 2-3 days worth in case of emergency (i.e., airport strike, plane delay) and pack in your hand luggage.
- Glasses, contact lenses, and hearing aid
- Eyeglass repair kit, extra pair of prescription glasses, extra batteries for hearing aid – pack in your hand luggage

T'FILOT (prayer):

- Tallit, kippah, t'fillin, personal siddur (there are siddurim in the Bet Midrash) – pack in your hand luggage

STUDY AIDES (all available in Israel):

- Magnifying strip (can be bought in Israel) or magnifying glass
- Hebrew/English dictionary (if you are taking Ulpan)
- Tanach
- Binder/notebook, pencils, pens, highlighters can be purchased in Israel

OPTIONAL:

- Electronics: iPad, hair dryer, laptop, etc.
- Camera, battery charger (with transformer for Israeli current) or extra batteries (available in supermarkets)
- Shabbat candlesticks (travel variety – tealights are available at any supermarket in Israel)
- Laundry bag, clothes pins or some way to hang hand laundry
- Additional clothing for going out – dress code in Israel is casual. It is okay to wear slacks, shirt and sandals to a concert/ restaurant

PERSONAL INFORMATION:

- Duplicate of passport, health insurance and return airline ticket
- Listing of credit cards, numbers, pins (add other numbers in way that only you can know which numbers to eliminate to find the 'real' number)
- Contact information for family, friends, doctors
- List of bills that you will need to pay via the internet while away (or pre-pay)

HAND LUGGAGE:

- Prescription drugs
- Non-prescription (deodorant, toothpaste, toothbrush, hand sanitizing)
- Personal information – see above
- Glasses/hearing aid
- Underwear and clothing for three days
- Study materials
- Tallit, t'fillin, etc.
- Passport
- Picture ID
- Credit cards
- Empty water bottle that you can fill after passing security
- Snacks for plane (there is food, but you may want to bring some 'comfort' food)