

TA'AM YISRAEL PACKING LIST

<p>Recommended clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 pairs of jeans/comfortable slacks <input type="checkbox"/> 8 regular shirts/t-shirts <input type="checkbox"/> 1 pair of shorts <input type="checkbox"/> 3 sweatshirts or sweaters <input type="checkbox"/> 2 “business casual” outfits for Shabbat: <input type="checkbox"/> 1 for Friday Night <input type="checkbox"/> 1 for Saturday <input type="checkbox"/> For the Dead Sea – closed water shoes; no sandals, flip-flops or crocs! Bathing suit, towel, nylon/plastic bag for wet bathing suit <input type="checkbox"/> Hiking shoes or gym shoes/sneakers <input type="checkbox"/> Bathing suit <input type="checkbox"/> <i>Girls: one piece, or tastefully cut two-piece</i> <input type="checkbox"/> <i>Boys: trunks (no Speedo-style briefs)</i> <input type="checkbox"/> Underwear & socks <ul style="list-style-type: none"> <input type="checkbox"/> (At least enough for 8 days; we will not be doing laundry) <input type="checkbox"/> Sleepwear <input type="checkbox"/> Light jacket (windbreaker, fleece, etc.) <input type="checkbox"/> Winter coat that is also waterproof <ul style="list-style-type: none"> <input type="checkbox"/> (Note: It may be cold and wet in February) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Gloves/mittens <input type="checkbox"/> Foldable rain poncho <input type="checkbox"/> Tallit (prayer shawl) & kippah if your custom. (Tallit bag must have name inside) 	<p>For carry-on luggage</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 complete changes of clothing (<i>in case luggage is delayed</i>) <input type="checkbox"/> Passport (<i>must be easily accessible; will be collected by staff upon arrival</i>) <input type="checkbox"/> All medicine (<i>must be easily accessible; will be collected by staff upon arrival</i>) <input type="checkbox"/> Toothbrush, toothpaste (travel size) <input type="checkbox"/> Camera <input type="checkbox"/> Journal and pens (optional) <input type="checkbox"/> Books/magazines for plane <input type="checkbox"/> Nut-free kosher snacks for plane <input type="checkbox"/> Females: additional feminine products if needed
<p>Medication</p> <ul style="list-style-type: none"> <input type="checkbox"/> If you are currently taking medication, you must bring a ten-day supply. Each prescription must be in a separate zip-lock bag clearly labeled with the participant’s name, the name of the medication, and dosage information. Instructions should also be in print inside the bag. If you have an epi-pen, you must bring two (one to keep with you and one for your small group leader). Each epi-pen must be labeled with participant’s name. 	<p>Toiletries (pack all liquids in Ziploc bags in case of leakage)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen <input type="checkbox"/> Soap <input type="checkbox"/> Deodorant <input type="checkbox"/> Moist wipes/small bottle of sanitizer <input type="checkbox"/> Toothpaste, toothbrush, floss, wax for braces <input type="checkbox"/> Shampoo/conditioner <input type="checkbox"/> Body moisturizing lotion <input type="checkbox"/> Brush/comb <input type="checkbox"/> Laundry bag for dirty clothes <input type="checkbox"/> Contact lens solution <input type="checkbox"/> Extra pair of lenses or glasses <input type="checkbox"/> Wax for braces, if needed <input type="checkbox"/> 3 packages of pocket size Kleenex <input type="checkbox"/> Razor/shaver <input type="checkbox"/> Females: feminine products if needed
<p>Miscellaneous</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alarm clock (battery operated) <input type="checkbox"/> Charger for camera (with adapter for Israel) <input type="checkbox"/> Extra batteries <input type="checkbox"/> Neck pillow for plane and buses <input type="checkbox"/> Books and small clothing item for tzedakah projects (see above) <input type="checkbox"/> Swim cap for pool if you have long hair 	