



## **PACKING, TZEDEKAH, WINTER GEAR**

In preparation for packing for the Ta'am Yisrael trip, please note some important items your child needs to bring. A complete packing list can be found at [www.TaamYisrael.org](http://www.TaamYisrael.org) and in this booklet.

- **Carry-on luggage**
  - Please remember to pack **two extra sets of clothing and personal toiletries** in your carry-on in the event that luggage does not arrive on time.
  - Everyone should bring a **nut-free, Kosher, dairy lunch** which can be eaten at the airport. **Do not bring drinks**; they will not be allowed through security. If you have any questions about kosher food, feel free to contact us.
  - We also recommend bringing **kosher, nut-free snacks** for the flight. Unless other dietary needs are specified, we have ordered kosher meals for the flights.
- **Spending money**
  - Spending money has been incorporated into the tuition for Ta'am Yisrael. Each student will be provided with the equivalent of \$60.00 in Israeli currency (sh'kalim) which can only be spent at designated times. Snacks, food and drinks are provided by the program.
- **Tzedakah/gifts**
  - Part of our time on Ta'am Yisrael will be spent with peers from JUF's partnership region based in Kiryat Gat. We would like to support schools in the area by providing them with school supplies for use throughout the year. We are asking each participant to bring new, small school supplies (they can include pencils, pens, markers, folders, crayons, etc.)
  - The supplies should be packed in checked luggage—we will collect and distribute them in Israel. Paper sizes in Israel are different than in the U.S., so please do not send notebooks or paper.
  - We will be doing volunteer work with the Pitchon Lev organization: (<http://pitchonlev.org.il/len/>). Work will involve sorting and distributing clothing to families in need. We ask that all participants bring a new or gently used item of clothing (can be shirts, socks, pants, hats, etc.) to donate at the distribution center.
- **Water Shoes for the Dead Sea – A MUST!**
  - Anybody wishing to go into the Dead Sea must have water shoes. The Dead Sea is very rocky, and participants will not be permitted to go in the water without water shoes with a *closed toe*; **sandal, flip-flops, or crocs are not acceptable.**
  - We will not be able to donate used towels or water shoes after use in the Dead Sea.
- **Hotel Pool**
  - We will be able to make use of our hotel pool on Shabbat. Those with long hair will not be permitted to swim without a swim cap (hotel rules). Please send your child with one if they wish to swim.
- **Warm Coat!**
  - Each participant must have a **winter coat** suitable for both cold and rain.
- **Technology**
  - Please remember **no electronic devices are allowed on the trip** with the exception of a digital camera or Go-Pro.

## Ta'am Yisrael Packing List

- Each participant may bring ONE suitcase/duffel bag only (may not weigh more than 50 pounds) and a backpack as carry-on luggage (this will be the only carry-on allowed and must fit under the seat and not exceed 18 pounds).
- Participants will carry their own luggage.
- All clothing, luggage, and personal items must be clearly marked with student's name.
- Count on wearing layers.
- Winter coat must be worn to the airport on departure day; it should not be packed.
- LEAVE ALL VALUABLES AT HOME! **We are not responsible for lost items.**
- All liquids in the carry-on must be in a quart-sized clear bag. Each item must not exceed 3.4 ounces.

<p><b><u>Recommended clothing</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 pairs of jeans/comfortable slacks</li> <li><input type="checkbox"/> 8 regular shirts/t-shirts</li> <li><input type="checkbox"/> 1 pair of shorts</li> <li><input type="checkbox"/> 3 sweatshirts or sweaters</li> <li><input type="checkbox"/> 2 outfits for Shabbat: <ul style="list-style-type: none"> <li>• 1 for Friday Night</li> <li>• 1 for Saturday</li> </ul> <p style="text-align: center;"><b><i>Modest Shabbat outfits required</i></b></p> </li> <li><input type="checkbox"/> <b>Closed water shoes for Dead Sea – no sandals!</b></li> <li><input type="checkbox"/> hiking shoes or gym shoes/sneakers</li> <li><input type="checkbox"/> modest bathing suit <ul style="list-style-type: none"> <li>• <b>Girls: one piece, or tastefully cut two piece</b></li> <li>• <b>Boys: trunks (no Speedo-style "briefs")</b></li> </ul> </li> <li><input type="checkbox"/> towel &amp; nylon "wet" bag /plastic bag</li> <li><input type="checkbox"/> underwear &amp; socks <p style="text-align: center;"><b><i>(At least enough for 7 days; we will not be doing laundry so pack extra)</i></b></p> </li> <li><input type="checkbox"/> sleepwear</li> <li><input type="checkbox"/> 1 light jacket (<b><i>windbreaker, fleece, etc.</i></b>)</li> <li><input type="checkbox"/> 1 winter coat that is also waterproof <p style="text-align: center;"><b><i>(Note: It can be very cold and wet in February)</i></b></p> </li> <li><input type="checkbox"/> sunglasses</li> <li><input type="checkbox"/> gloves/mittens/scarf</li> <li><input type="checkbox"/> foldable rain poncho</li> <li><input type="checkbox"/> Tallit (prayer shawl) &amp; kippah <p style="text-align: center;"><b><i>(If this is your custom. Be sure tallit bag has your name inside)</i></b></p> </li> </ul>	<p><b><u>For carry-on luggage</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 complete changes of clothing (<b><i>in case luggage is delayed</i></b>)</li> <li><input type="checkbox"/> passport (<b><i>must be easily accessible; will be collected by staff upon arrival</i></b>)</li> <li><input type="checkbox"/> All medicine (<b><i>must be easily accessible; will be collected by staff upon arrival</i></b>)</li> <li><input type="checkbox"/> antibacterial wipes</li> <li><input type="checkbox"/> toothbrush, toothpaste (travel size)</li> <li><input type="checkbox"/> camera</li> <li><input type="checkbox"/> journal and pen</li> <li><input type="checkbox"/> books/magazines</li> <li><input type="checkbox"/> nut-free kosher snacks for plane</li> <li><input type="checkbox"/> <b>Girls:</b> additional feminine products</li> </ul>
	<p><b><u>Toiletries</u></b> <b><i>(pack all liquids in Ziploc bags in case of leakage)</i></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> sunscreen</li> <li><input type="checkbox"/> soap</li> <li><input type="checkbox"/> deodorant</li> <li><input type="checkbox"/> Moist wipes or small bottle of sanitizer</li> <li><input type="checkbox"/> toothpaste, toothbrush, floss, wax for braces</li> <li><input type="checkbox"/> shampoo/conditioner</li> <li><input type="checkbox"/> body moisturizing lotion</li> <li><input type="checkbox"/> brush/comb</li> <li><input type="checkbox"/> laundry bag for dirty clothes</li> <li><input type="checkbox"/> contact lens solution</li> <li><input type="checkbox"/> extra pair of lenses or glasses</li> <li><input type="checkbox"/> 3 packages of pocket size Kleenex</li> <li><input type="checkbox"/> razor/shaver</li> <li><input type="checkbox"/> <b>Girls:</b> feminine products</li> </ul>
<p><b><u>Medication</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you are currently taking prescription medication, you must bring a ten-day supply. Each prescription must be in a <b>separate zip-lock bag with the participant's name and the name of the medication and dosage clearly labeled on each bag.</b> Instructions should also be in print inside the bag. If you have a small prescription bottle, you may include that instead, but the outside of the bag still needs to be labeled.</li> <li><input type="checkbox"/> If you have an epi-pen, you must bring two (one to keep with you and one for your small group leader)</li> </ul>	<p><b><u>Miscellaneous</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> alarm clock (battery operated)</li> <li><input type="checkbox"/> charger for camera (with adapter for Israel)</li> <li><input type="checkbox"/> extra batteries</li> <li><input type="checkbox"/> Ziploc Bags/plastic bags for wet bathing suit</li> <li><input type="checkbox"/> neck pillow for plane and buses</li> <li><input type="checkbox"/> school supplies for Tzdakah project</li> <li><input type="checkbox"/> swim cap for pool</li> </ul>

