

PACKING - WHAT TO BRING?

Since we move hotels often, we recommend you pack as light as possible. **On most trips we require you to bring one (1) suitcase and one backpack at most.** This list does not include everything you might need - rather serves as a guide. Please remember that there are no laundry facilities and that you will need to carry your own suitcases.

15 day supply of underwear

3 pairs of long pants

1 pair of sweatpants and a sweatshirt

2 sweaters — 1 light and one heavier

1 heavy jacket (for Poland's winter)

1 pair of shoes for hiking/walking (for Poland's winter)

7 long-sleeved shirts

8 t-shirts

2 pairs of shorts

1 pair of shoes/sandals suitable for walking in water

Bathing suit and beach towel (bath towels are provided).

Flashlight

Hat, scarf and gloves

Camera and film - Don't forget the extra batteries – which are expensive in Israel.

Toiletries

Sunscreen

Journal and pens

Travel alarm clock

Shabbat candles; memorial candles and/or tealights

Siddur

For Men: a Kipa, Tefillin, and Talit (according to your own custom).

For Women: a skirt below the knee for a modest dress-code at religious sites. Kipa, Tefillin and

Talit (according to your own custom)

Casual Shabbat clothes – Men: no jeans; Women: no slacks.