

Israel

What you need to pack...

Carry-On Bag

- Passport, ticket, wallet
- Prescription/over-the counter medications (in case of lost luggage)
- Camera
- Laptop
- Unfinished reading
- Sleep supplements (for plane + for entire trip if necessary, melatonin, Tylenol PM)
- Hiking Shoes
- Cosmetics

Checked Luggage (only 1 bag allowed - 50 lbs.)

Electronics:

- Laptop (Internet access is available at most hotels but it depends on the hotel as to how reliable it may be and whether or not it is provided free of charge.)
- 220 volt adapter
- Camera + all necessary accessories - battery, memory card, cords, etc. (purchasing these things in Israel will not be possible)
- International cell phone

Gear:

- Bible (supplied by GTI)
- Study Guide (supplied by GTI)
- Notebook (supplied by GTI)/Pens
- Flashlight (supplied by GTI) or headlamp
- 2 Photocopies of passport - pack one in your suitcase and one in someone else's in case of lost passport
- Powdered Gatorade or Propel for electrolyte replenishment
- Snacks (lunch is often later in the day) - Granola bars, Cliff bars, trail mix, nuts, protein bars, dried fruit, crackers, beef jerky or Paydays are great options - no chocolate as it melts.
- Energy boosting items - GU, Sport beans, etc.
- Quart size Ziploc bags/Sharpie - for treasures and souvenirs
- Moleskin or Spenco Blister Kit for blisters (small scissors)
- Sunglasses - may want neck cord
- Personal First-Aid Kit (Band-Aids, first aid ointment, diarrhea/stomach medication, aspirin, etc.)
- Extra prescriptions from your doctor
- Laundry soap (Woolite for hotel washings)
- Dish soap (to wash out water bottles if necessary)
- Sunscreen with a high SPF
- 10 travel packs of Kleenex per person/Wet Wipes
- Cosmetics
- Small Duffle bag for bus storage
- Small bills of US Dollars for bus

Clothing: (consider cross-packing one outfit with another person in case of lost luggage)

- Hat
- Lightweight, hiking, moisture wicking or knit shirts (tank tops/sleeveless shirts are not acceptable)
- Lightweight long-sleeve shirt if you are sun-sensitive or need more coverage.
- Lightweight fabric/hiking shorts that will dry quickly
- Modesty Kit - Zip-off hiking pants, long skirt or sweat pants that can be pulled over shorts
- Swimming Suit (One-piece or modest tankini for the ladies)
- Moisture wicking hiking socks are highly recommended
- Aggressive hiking boots or shoes (should already be wearing them)
- Shoes to be worn in water if you do not want your hiking shoes to get wet (flip flops will not do.)
- Lightweight fleece or long-sleeved shirt may be desirable for the plane ride or the occasional cool morning.
- 1-2 casual outfits for dinner if desired (dinner is most often eaten in hiking clothes)