



IST Packing List:

Luggage/Water

- *ONE Large duffle bag or suitcase (wheels recommended):
(CANNOT weigh more than 50 lbs!)
- *ONE School size backpack
- CamelBak water system 2+ liters
(Highly recommended for hikes)

Personal Hygiene

- *Anti-bacterial gel (Hand sanitizer)
- Insect repellent
- *Sunscreen (2 bottles)
- Lip Balm
- *Gold Bond powder/spray
- *Deodorant
- *Toothpaste & toothbrush
- Travel size Febreze spray
- *Medications (packed in carry-on)
- Cough drops/lozenges
- Travel Kleenex
- Razor & shaving cream
- Comb/Brush
- Beach/Bath Towel
- Extra glasses/contacts (bring copy of prescription)
- *Personal hygiene products
- *Shampoo/Conditioner
- Tide-to-go (for stains)

*** REQUIRED**



Footwear

- *Lightweight Hiking shoes (not sneakers and not clunky hiking boots)
- *Comfortable walking shoes (sneakers)
- *Waterproof shoes (Tevas, Chocos, hiking sandals...CANNOT be flip flops, need backstrap)
- *Sandals/shoes for Shabbat

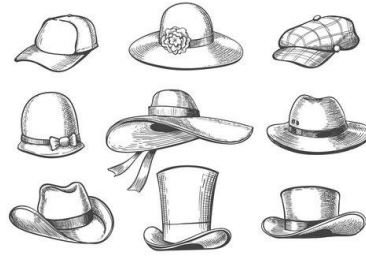
Tip: wear all shoes prior to the trip to prevent blisters

Miscellaneous

- *PASSPORT (CANNOT expire before **1/16/2024**)
- SIM card
- *Nalgene Water bottle (*min. 1 liter*)
- *Sunglasses
- *Emergen-C Packets (or similar)
- *TWO Hats - **MUST COVER top of head** (these will be worn everyday)
- Camera & extra memory card
- Music device & headphones
- *Small flashlight/head lamp
- *Electrical Adapter
- Portable charger
- Zip-lock bags (*for storage/organize*)
- Laundry bag
- Journal
- *Over the counter medication (Advil, Tylenol, Cold/Flu medicine, etc.)
- *Debit card/credit card & cash
- Snacks (bars, granola, nuts)
- Chewing Gum
- Neck pillow for plane/buses
- Books, games, magazines, etc.
- Kippah

Recommended Packing list:

- 10-12 t-shirts (must cover shoulders and midriffs)
- 2-3 dressy tops for Shabbat (at least 1 must cover shoulders)
- Sweatshirt/hoody
- Pajamas
- 1-2 skirts/dresses (at least 1 ankle length skirt for religious areas – maxi skirt, at least 1 must cover shoulders)
- 8-10 shorts (at least 2 quick-dry pairs for water hikes – ALL must be “appropriate length”)
- 1-2 casual pants/jeans
- 1-2 Leggings/yoga pants
- 7-10 Bras – sport & regular
- 12-14 pairs of underwear
- 10-12 pairs of socks
- 2-3 Bathing suits (appropriate coverage)
- Lightweight raincoat (optional)
- Light sweater/shawl
- 2-3 Hats



Additional Notes:

- Please try to bring clothing made of Dry-Fit, cotton, or inexpensive t-shirts.
- **It is always a good idea to bring an extra shirt, socks, and underwear in your carry-on just in case.**
- It doesn't hurt to put initials in your clothes since we send out a lot of laundry altogether and can get mixed up with other people's clothes.
- We will be doing laundry 3 times during the trip so make sure to have enough clothes for 2 weeks. Please note we send our laundry out, please bring clothes you do not care if they are stained, lost, or shrunk.
- Shabbat wear in Israel is very similar to what people would wear to summer camp and many people wear white tops for Shabbat. (Women – nice top/sweater, long skirt, and sandals. Men – button down shirt/nice golf shirt, khaki pants/nice shorts, sandals)
- Toiletries such as deodorant and toothpaste can be purchased in Israel; however, the cost is higher than in the United States. Remember that the electrical current in Israel is 220 volts DC (The US is 110 volts AC). **Be sure to bring an electrical adapter.**
- **TANK TOPS CANNOT BE WORN DURING THE DAY!!!** Only nighttime when the sun is down and where it is appropriate.