



## Packing List for Men- Israel Tour

	Clothing, Shoes, Etc.		Other		Carry On/Essentials
	Lightweight jacket- wind and water resistant		Bible, notebook, pen		Passport, extra copy of data page in bag.
	4-5 casual shirts, easy care, quick dry, mix short and long sleeve shirts with collars (sun protection)		Power converter/ adapter - Type H, travel power strip with multiple USB ports (optional)		Travel docs - flights, health info, travel insurance info, emergency contact info, flight interruption plan
	3 pr. Pants - Lightweight, easy care		Small backpack/ day bag, neck wallet (optional)		Earplugs, noise-canceling headphones, eye mask
	1 nice outfit (khakis with dress shirt)		Face cloth, Travel towel		Reading material, pen and journal
	Dinner shoes		Small first aid kit with tweezers		Travel pillow (optional)
	Walking shoes (sneakers) or trail runners.		Contact lenses & solution		Extra outfit, socks and underwear
	Water shoes, flip flops optional		Shampoo, shower gel		Toothbrush/Toothpaste/floss
	Swim trunks		Toiletries		Prescription meds in original bottle
	Pajamas		Camera, charger, extra memory cards		Mobile phone, charger, backup battery
	Sweatshirt or fleece		Stuff sack (laundry bag)		Glasses, contacts, case
	Socks & underwear		Shaving kit, nail clippers		Hand sanitizer & wipes
	Sunglasses		Deodorant		Lip Balm, tissues
	Belt		Hairbrush/comb		Compression socks (opt)
	Hat (sun protection)		Sunscreen		Empty water bottle, snacks
	TSA approved lock and luggage tag		Small first aid kit, tweezers		ATM & Credit Cards (without int. fees), health insurance card
	Reusable shopping bag		Tylenol, Benadryl, Antacid, Imodium, Dramamine		Cash (\$USD - small bills) \$15-20 per day for lunches
	Air tag or Tile - bag tracker (optional)	X	<b>No colognes or scented toiletries</b>		Cash (Israeli Shekels available at ATM's)

--	--	--	--	--