



ALIYAH FOUNDATION

Packing List for Women - Israel Tour

	Clothing & Shoes		Other		Carry On/Essentials
	5-6 casual shirts - mix short & long sleeve shirts for sun protection (casual) - easy care, quick dry,		Power adapter/converter - Type H and travel power strip with multiple USB ports		Passport, extra copy of data page in bag.
	Lightweight wind and water resistant jacket.		Bible, notebook, pen		Travel docs - flights, insurance, health info, emergency contact info, flight interruption plan
	3-4 pr. pants - Lightweight, easy care		Small backpack/ day bag, crossbody purse		Earplugs, noise-canceling headphones, eye mask
	1 nice outfit - casual dress, skirt or pants & blouse		Hair brush & comb, optional hair appliances must be dual voltage - 110V/220V		Reading material, Pen/Journal
	Bathing suit & coverup		Small first aid kit with tweezers		Travel pillow (optional)
	Walking shoes (sneakers) and dinner shoes (flats)		Contact lenses & solution		Extra outfit, socks and underwear
	Water shoes and/or flip flops		Shampoo, conditioner		Toothbrush, toothpaste, floss
	Sweater or fleece		Toiletries, makeup		Prescription meds in original bottle
	Pajamas		Camera, charger, extra memory cards		Mobile phone, charger, backup battery
	Belt		Sunscreen & bug spray		Glasses, contacts, case
	Socks, underwear, bras		Razor, nail clippers		Hand sanitizer & wipes
	Sunglasses		Deodorant (unscented)		Lip balm, tissues
	Scarf/Shawl		Face cloth, Travel towel		Compression socks (opt)
	Hat (sun protection)		Tylenol, Benadryl, Antacid, Imodium, Dramamine		Cash - US\$ - small bills, \$15-\$20/day for lunches
	Reusable shopping bag		Stuff sack for laundry		Cash - Israeli Shekels available at ATMs
	TSA approved locks and luggage tag		Face cream, facewash		ATM & credit cards, without international fees, health ins. card
	Air Tag or Tile - bag tracker		Feminine products		Empty water bottle, snacks
x	No perfumes or colognes	x	Expensive jewelry stays home		Inexpensive jewelry