

TRAVEL TIPS

The U.S State Department Travel Tips

1. **Make sure you have a signed, valid passport (and visas, if required). Also, before you go, fill in the emergency information page of your passport!**
2. **Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit. (See "Consular Information Program" section for more details.)**
3. **Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.**
4. **Make 2 copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.**
5. **Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.**
6. **Do not leave your luggage unattended in public areas. Do not accept packages from strangers.**
7. **If you plan to stay abroad for more than two weeks, upon arrival you should notify by phone or register in person with the U.S. embassy in the country you are visiting. This will facilitate communication in case someone contacts the embassy looking for you.**
8. **To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.**
9. **In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.**
10. **If you get into trouble, contact the nearest U.S. embassy.**
11. **Medical Insurance:** You can't assume your insurance will go with you when you travel. It's very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:
 - a. Does my policy apply when I'm out of the United States?
 - b. Will it cover emergencies like a trip to a foreign hospital or a medical evacuation?

Attire

Dress in Israel is very casual. No suits or ties will be needed for men. A collared shirt and khakis are sufficient. Women should bring a skirt preferably below the knees with a blouse or shirt with sleeves. Many of the Holy sites require that your knees and shoulders are covered. This applies to men and women.

Bring clothes that can be "layered" as the temperature changes. Do not over pack, leave room in your suitcase for the souvenirs you will bring home.

Summers are hot and very dry. Winters are mild along the coast, warm at the Dead Sea and in Eilat, but often chilly in mountainous areas like Jerusalem, although there are plenty of gorgeous days. Pack an umbrella November through March. In April, May, September, and October, the weather is generally sunny but not uncomfortably hot.

Money

It is a good idea to obtain shekels prior to your arrival in Israel. If you need more cash while in Israel you should bring your ATM card to obtain shekels without paying the extra fees. If you exchange dollars in a bank, fees will apply. Most businesses accept credit cards for purchases and the credit card companies often give good exchange rates.

Luggage/Flight

Most airlines allow (1) free checked bag weighing no more than 50 lbs. and (1) carry-on and (1) personal item (purse, briefcase) per person. Check with the airline prior to travel, since the policies can change.

All liquids, gels, and aerosols must be in 3.4 ounce (100ml) or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed.

Internet

Israel is very technologically advanced. Wireless networks can be found in restaurants, cafes, hotels and in the Ben Gurion Airport. Most hotels have internet access but there is usually a timed base fee.

Other Tips

You will not need any vaccinations to enter Israel. Health facilities are widely available and many doctors speak English.

The electrical power supply is 220 volt AC-50 cycles. You might need to purchase a 3 prong converter or adaptor for any electrical items you want to bring.

The water is safe to drink, although bottled water is widely available.

Time in Israel is ahead seven hours Eastern Standard Time, eight hours ahead of Central Time, nine hours ahead of Mountain Time and ten hours ahead of Pacific Time.

Travel Insurance

Aliyah Tours recommends comprehensive travel insurance that includes trip cancellation and interruption benefits, emergency medical coverage, and baggage coverage. You may compare and purchase a plan that suits your needs www.travelinsurance.com.