

What to Pack for an Israel Tour

“Intentional Packing”

Clothing and Personal Items

Toiletries

<input type="checkbox"/> Shirts (athletic/casual)	<input type="checkbox"/> Passport	<input type="checkbox"/> Toothbrush, toothpaste, floss
<input type="checkbox"/> Shorts (athletic/casual)	<input type="checkbox"/> Hat	<input type="checkbox"/> Personal Shampoo, Conditioner if desired (Some will be provided at hotels)
<input type="checkbox"/> 1 Nice Outfit (dress/polo and khaki pants, including a nicer pair of shoes)	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Deodorant
<input type="checkbox"/> Bathing Suit	<input type="checkbox"/> Travel Pillow if desired	<input type="checkbox"/> Lotion
<input type="checkbox"/> Walking Shoes (Sneakers/ Tennis Shoes)	<input type="checkbox"/> TYPE “H” ADAPTER (necessary to charge any smartphone devices)	<input type="checkbox"/> Comb/Brush
<input type="checkbox"/> Water Shoes (Sandals/Crocs)	<input type="checkbox"/> Smartphone Chargers	<input type="checkbox"/> Personal Pocket Tissues
<input type="checkbox"/> Belt(s)	<input type="checkbox"/> Bible	<input type="checkbox"/> Feminine Products
<input type="checkbox"/> Skirt/Shawl/Dress (cover knees and shoulders)	<input type="checkbox"/> Journal/Writing paper	<input type="checkbox"/> Curling Iron
<input type="checkbox"/> Long Shorts/Pants (cover knees and shoulders)	<input type="checkbox"/> Pen/Pencil	<input type="checkbox"/> Hand Sanitizer if desired
<input type="checkbox"/> Socks	<input type="checkbox"/> Small Backpack/ Day pack bag	<input type="checkbox"/> Medicines
<input type="checkbox"/> Undergarments	<input type="checkbox"/> Chapstick	<input type="checkbox"/> Make-Up
<input type="checkbox"/> Coverings at 4 Holy Sites (knees and shoulders)	<input type="checkbox"/> Personal Face Cloth/Towel	<input type="checkbox"/> Sunscreen

*Note: This is a list of commonly brought items. Some items are up to personal preference.

Packing: How much you pack depends partially on how long you stay. In Israel, you'll probably be moving around a lot and you won't want to pack and unpack a lot of stuff. Generally, it's a good idea to travel light and expect that you will need more room in your bags when you go home than when you left to accommodate gifts, dirty clothes and the tendency for clothes to take up more space on the return flight.

Luggage: 1 Checked bag up to 50 lbs. and one carry on up to 18 lbs.

Electrical: Also, remember that the power supply is 220 volt AC-50 cycles. Make sure your electrical items can operate or purchase an adaptor kit (hotels sometimes can spare them). **TYPE “H” PLUG ADAPTER (necessary to charge any smartphone devices)**

Immunization: You don't need any immunization shots to visit Israel, but it is good to have your records in case you come down with something or travel to another country. Travelers name.

Passport

Every visitor to Israel must have a valid passport to travel to Israel. Note that it usually takes several weeks to obtain a passport, so apply well ahead of time if you don't have one yet. It's a good idea to make two copies of the first two pages of your passport. Keep one at home and put the other separate from your passport. This will help speed the process of replacing your passport if it's lost or stolen. Citizens from many countries, including the U.S., are issued free visitors' visas when they enter the country. **Passport may not expire 6 months after travel is complete.**

Wallets/Purses

Travelers have different opinions regarding carrying wallets and purses. Some people believe it's safer to put valuables in a pouch or conceal them. The kind of pouches and backpacks people wear outside their clothes make you stand out as a tourist and don't necessarily protect you from thieves. Valuable items are best left in a safe deposit box in a hotel.

Cash vs. Travelers' checks

In Israel, Travelers' Checks are accepted but not by all merchants. It is best NOT to bring travelers' checks.

- It is a good idea to have some **CASH** with you for emergencies, transportation, and small purchases. \$150.00 per person should be plenty. **Bring an ATM card** and you can get more from local banks without having to worry about exchange rates and fees. If you go inside the bank, or to a post office, you'll have to pay a fee. Hotels and money exchangers usually have the worst rates and highest fees. Beware of money changers on the street.

Credit Cards: Most businesses accept credit cards. It's always nice if you can put off paying for things until later (but pay on time or the finance charges will kill you!) and the credit card companies usually give you good exchange rates.

Other:

- Bring important phone numbers with you for emergencies and to contact friends and family in Israel.

Even if you don't normally keep a journal, bring a note pad or diary to record your feelings and experiences. When you come home, and years later, you'll be glad you did. Bring a camera and/or video and try to take pictures of people rather than just buildings. The pictures will be more memorable when attached to faces.

- Getting sick away from home is always depressing. Several items on the checklist are meant to keep you healthy and insure you have the basic remedies for common maladies. Health care in Israel is excellent, but you still want to be safe rather than sorry. The food and water in Israel should give you no trouble, but, just in case, bring medication to relieve the symptoms of stomach problems.

What to Pack for an Israel Tour

Spring/Summer Travel in Israel Packing Guide – April to October

- Light weight and loose-fitting clothing
- Short-sleeved shirts (must cover shoulders for religious sites)
- Shorts (longer shorts the cover knees)
- Comfortable walking shoes, sneakers, and sandals
- Skirts/Dresses (below the knee length for Shabbat and other religious sites)
- Bathing suit, water shoes (Dead Sea)
- Pajamas
- Evenings, Jerusalem and the north can be cool. It is a good idea to pack a sweater or lightweight jacket/layers
- Hat for the sun – really important
- Undergarments
- From **May – September** the sun is most intense. Long shorts, skirts and even long-sleeved shirts will help you stay protected

Winter Travel in Israel Packing Guide – November to April

- Winters in Israel are mild compared to North America but can get quite cold
- Jeans/pants
- Pack a shell or rain jacket as well as other layers
- Sweater, fleece jacket, hat and gloves
- Pajamas
- Undergarments
- You may start the day out with a jacket, by midday take it off and put it on again come evening.
- From **October – April** temperatures range from the high 40s to the high 60s. Showers may fall during this period, so an umbrella is wise. Bring a jacket, a few sweaters and long pants for visits between these months

Year-round in Israel Travel Packing Guide

- Sunglasses and a hat. You'll find the sunlight is stronger than what you're accustomed to, even in the winter. A hat is also useful sun protection, year-round
- For women – have an easy, packable skirt, scarf and/or shawl for covering up in Israel's holy places. Throw it in your bag in the morning and you're ready for whatever stops you make
- Comfortable walking shoes, sneakers and sandals
- Swimwear is appropriate year-round, whether it's to splash in the hotel's indoor pool or hit a beach on a warm, winter day in the southern part of the country
- Sunscreen and insect repellent are useful items as well
- Water bottle – it's a dry country and you should be drinking regularly
- It is a good idea to bring a small bag for day trips, especially for trips to the Dead Sea or Eilat
- For hiking, you will need good shoes and a lot of water. Be sure to have either a canteen or several bottles

Items to pack in Carry-on Bag

Unfortunately, luggage occasionally gets lost or misplaced. Pack a carry-on bag including your necessities for a few days. Carry-on luggage may not be heavier than 18 pounds.

- Airline ticket
- Passport
- One extra set of clothing. -day changes of clothes
- A good book
- Medications
- Spare contact lenses or glasses
- Money and important documents
- Neck pillow, sleeping mask, sleeping pills & earplugs (for sleeping on airplane)

NOTE: Please check each airline for carry-on restrictions.

Toiletries/Medications

- Aspirin or other nonprescription medications
- Cold remedy or decongestant tablets
- Comb and hairbrush
- Copies of any prescriptions (in case you need them filled)
- Deodorant
- Diarrhea medicine
- Earplugs (very handy for airplane and sleeping in hotel)
- Motion sickness pills
- Nail clippers, file (remember not to pack clippers or files in your carry-on bag)
- Other personal hygiene products
- Facial Tissues/Toilet Paper
- Shampoo/conditioner
- Shaving equipment
- Sleeping pills
- Toothbrush and paste, dental floss
- Eye drops or contact lens solutions and cleaners
- Sunscreen lotion (sunburn medication/ointment)

Additional Items

- Adapter or converter for electrical appliances*
- Camera, film, extra batteries
- Extra pair of eyeglasses (or prescription)
- Handkerchiefs or tissues
- Plastic bags (to wrap wet washcloth, laundry, etc.)
- Small umbrella
- Tiny flashlight
- Travel alarm
- Washcloth
- Laundry detergent (small supply)
- Small sewing kit
- Kippah/head covering (men)
- Hebrew translator dictionary – it's great to have along although most Israelis can speak English.

*Electrical equipment has to be adaptable to 220 volts and have a **Type-H Electric Power adapter plugs** for the prong. Equipment on a motor (i.e., electric shaver) must be adaptable to 50 Hz (as opposed to 110 volts and 60 Hz for North America).