

Israel Trip March 1-13
Travel & Packing Checklist

The checklists, travel information, travel tips, suggested purchases, and so forth are simply *guides* to help us all prepare for a glorious trip to the holy land. What you choose to use or include is completely up to you.

General Travel Preparations

1. Here are some useful travel apps I've found that you may wish to download onto your smartphone:

AccuWeather (IOS and Android): Features 15-day forecast summaries, 5-day forecasts, and the hyper-local AccuWeather MinuteCast. This latter feature zeroes in on your GPS location to provide minute-by-minute precipitation forecasts out to the next two hours.

Amazon Prime Photos (IOS and Android): If you have ever lost a phone while travelling, you remember that losing your photos was one of the most devastating parts of the whole ordeal! Most people have a subscription to Amazon Prime anyway, but what they don't realize is that it comes with free unlimited photo storage! It's easy to upload your pics and the app will sort them based on date or you can make your own albums as well. It also has its own "on this day" memory feature which is fun to reminisce with. The Prime Photos app is free with your Prime account.

AroundMe (IOS and Android): Identifies where you are, and lists the nearest bank, gas station, hospital, hotel, movie theater, restaurant, supermarket, theatre and taxi.

CityMaps2Go (IOS and Android): An app for travel and navigation that contains free, editable maps of much of the world. Maps can be downloaded to your device and used completely offline.

FlightAware (IOS and Android): Lets you track any flight in real-time, receive alerts, and see airport delays.

FLIO (IOS and Android): FLIO aims to be the all-in-one companion app for harried travelers making their way through airports worldwide. An official partner of 300 airports that has info on thousands more, FLIO provides users with terminal maps, a boarding pass scanner, a flight tracker and

directions to shuttle buses and booking options for everything from parking to lounge access.

Flush (IOS and Android): When you've got to go, you've got to go. Install Flush, turn on your GPS, and find the closest public toilets to wherever you are. Pretty handy for those Delhi belly moments.

GeoSure (IOS and Android): Collects data from sources like the CDC, the World Health Organization, the United Nations, local authorities, and more, then provides a safety score for your destination. It even tells you when it's safe to walk or if it's better to take a cab.

Google Translate (IOS and Android): This app has three modes custom-made for travelers: the traditional type-it-in mode (for when you need to be precise); a spoken translator that's getting better all the time; and the feature formerly known as WordLens, which lets you point your smartphone camera at any printed text in 38 different languages, and have it automatically appear in English (or French or German or any of 38 different languages).

Grab (IOS and Android): An airport restaurant app, lets you browse maps and menus and decide on the perfect place to park yourself and have something to eat.

Mobile Passport (IOS and Android): A U.S. Customs and Border Protection-approved app that helps speed you through lengthy immigration lines by letting users with U.S. or Canadian passports submit their passport control and customs declarations through the app, replacing paper forms and providing faster processing in a number of major US airports where the Mobile Passport service is supported.

Skype (IOS and Android): An app that allows you to video chat with friends and family back home using the internet.

Smart Traveler (IOS and Android): Created by the US State Department, this safety travel app is a great reference tool for determining the security

of international countries. It has travel advisories, travel warning, health issues, US embassy locations, and other important info.

TripAdvisor (IOS and Android): A crowd-sourced guide to hotels, restaurants, and attractions. TripAdvisor allows you to browse through millions of reviews, images, and videos featuring various establishments worldwide. You can also access contact details; search for nearby establishments; explore restaurants by food type, price range, or rating; and check out air fares. There are even some handy “Near Me Now” features to alert you of nearby points of interest.

WhatsApp (IOS and Android): Roaming rates for SMS, voice calls, and mobile data can be prohibitively expensive if you're traveling abroad. If you've got access to Wi-Fi, you can sidestep that expense with apps like WhatsApp, which allows you to send messages, photos, voice clips, and even full voice and video calls to friends and family members who also use the app.

Wifi-Finder (iOS and Android): The WiFi finder app will search down wifi connections around you at any given time that you can connect to for free. They have catalogued hotspots in over 50,000 cities, passwords and all! You can even save places for later offline use, because let's face it, if you are searching for wifi in the first place, it likely means you don't have a connection to begin with!

XE Currency (IOS and Android): Excellent currency conversion app. Rates are regularly updated (you can set the frequency of updates), and best of all, the app stores the rates of currencies you've looked up, so that they're always available offline, even away from Wi-Fi or a mobile connection.

2. Consider purchasing **Travel Insurance** that covers medical care (in addition to your regular health policy, if it provides coverage overseas) and trip insurance (in case of delay, interruption, or cancellation). For example, see Atlas Travel Insurance at <https://www.hccmis.com/atlas-travel->

[insurance/?cjid=4702003&cjlinkid=12480172&cjevent=54ef3e2dbd0911e881f5009c0a1c0e10&cjid=4702003&cjlinkid=12480172&cjevent=54ef3e2dbd0911e881f5009c0a1c0e10](https://www.aa.com/insurance/?cjid=4702003&cjlinkid=12480172&cjevent=54ef3e2dbd0911e881f5009c0a1c0e10&cjid=4702003&cjlinkid=12480172&cjevent=54ef3e2dbd0911e881f5009c0a1c0e10)

3. Take *pictures* with your smartphone of important travel and personal documents and information, including:

- Travel Itinerary (keep a digital copy of the latest *Israel Trip brochure* on your phone; it has the detailed itinerary)
- Passport
- Airline Ticket/e-Ticket
- Prescriptions (in case you need them filled)
- Medical Insurance card (include the back of the cards with customer service numbers)
- Travel insurance information (including customer service numbers)
- Driver's license or State ID
- Debit/Credit cards for the trip (include the back of the cards with customer service numbers)
- Important Contact Numbers (both here and abroad)
- Baggage Claim Ticket (keep a copy on your phone in case you lose the printed ticket)
- Extra Passport photos (in case your passport is lost)

Email copies of the photos and digital documents to *yourself* and friends/family so that you (and they) have access to these numbers. Having copies of these documents in your *email* as well as your cell phone will make it possible to access them from a computer in Israel if your phone, wallet, purse, and/or documents are lost or stolen.

5. Make sure you have enough *Prescription Medications* to carry you through the entire trip, with extras for possible delays in returning.

Suggested Pre-Trip Purchases

Water Shoes (Men's and Women's)

https://www.amazon.com/WXDZ-Athletic-Surfing-Diving-1-black/dp/B07BLRVMDD/ref=sr_1_27?s=apparel&ie=UTF8&qid=1537372141&sr=1-27&nodeID=7141123011&psd=1&keywords=water+shoes



Small Flashlight

https://www.amazon.com/Maglite-Solitaire-1-Cell-Flashlight-Black/dp/B009TC5XTI/ref=sr_1_cc_8?s=aps&ie=UTF8&qid=1537375728&sr=1-8-catcorr&keywords=maglite



Water Bottle

https://www.amazon.com/CamelBak-Water-Bottle-0-75-Liter-Cardinal/dp/B015DJARL4/ref=sr_1_17?ie=UTF8&qid=1537376156&sr=8-17&keywords=water+bottle (Plastic)



https://www.amazon.com/Simple-Modern-Ascent-Water-Bottle/dp/B074R8FMLS/ref=sr_1_12?ie=UTF8&qid=1537376156&sr=8-12&keywords=water+bottle (Stainless Steel)



https://www.amazon.com/Vapur-Element-Foldable-Flexible-Carabiner/dp/B007UU6JI0/ref=sr_1_3?ie=UTF8&qid=1537376383&sr=8-3&keywords=vapur+collapsible+water+bottle (Collapsible)



https://www.amazon.com/Platypus-SoftBottles-with-Closure-Cap/dp/B0076ZSL5I/ref=sr_1_3?ie=UTF8&qid=1537387662&sr=8-3&keywords=platypus+water+bottles&dpID=4164v2v%252BcyL&preST= SY300_QL70_&dpSrc=srch (Collapsible)



Packing Cubes

https://www.amazon.com/HOPERAY-Packing-Travel-Organizer-Accessories/dp/B07BRKCBMZ/ref=sr_1_36?s=apparel&ie=UTF8&qid=1537376592&sr=1-36&nodeID=15744041&psc=1&keywords=packing+cubes



International Power Adapter

https://www.amazon.com/gp/product/B07FBHZ655/ref=oh_aui_detailpage_o08_s00?ie=UTF8&psc=1



https://www.amazon.com/gp/product/B01ER13U1I/ref=oh_aui_detailpage_o05_s00?ie=UTF8&psc=1



Hat (with flaps to cover the back of your neck)

https://www.amazon.com/Solaris-Outdoor-Fishing-Protection-Adventures/dp/B0797P7BNR/ref=sr_1_4?ie=UTF8&qid=1537371087&sr=8-4&keywords=fishing+hats+for+men+sun+protection&dpID=51q9G9HnljL&preST=SY300_QL70_&dpSrc=srch



https://www.amazon.com/gp/product/B06XXWZ4HK/ref=od_aui_detailpages01?ie=UTF8&psc=1



Travel Pillow

https://www.amazon.com/dp/B00LB7REFK?aaxitk=eNqRyRR6ixZV.YsV.yoG1Q&pd_rd_i=B00LB7REFK&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=54dc821a-0937-4e6f-9da9-f8dd5443145d&pf_rd_s=desktop-sx-top-slot&pf_rd_t=301&pf_rd_i=travel+pillow&hsa_cr_id=2135327370801&sb-ci-n=asinImage&sb-ci-v=https%3A%2F%2Fimages-na.ssl-images-amazon.com%2Fimages%2FI%2F41LYsEzf4QL.jpg&sb-ci-a=B00LB7REFK



https://www.amazon.com/Everlasting-Comfort-Memory-Airplane-Earplugs/dp/B06WWFYCSG/ref=sr_1_1_acs_ac_1?s=bedbath&ie=UTF8&qid=1537371269&sr=1-1-acs&keywords=travel+pillow&dpID=41qdMiGiQ8L&preST= SX300 QL70 &dpSrc=srch



Sleep Mask

https://www.amazon.com/TRADERPLUS-Sleeping-Contoured-Blinder-Blindfold/dp/B06XCB4DLW/ref=sr_1_4?s=home-garden&ie=UTF8&qid=1537371434&sr=1-4&keywords=sleep+mask&dpID=41ecol6AavL&preST= SY300 QL70 &dpSrc=srch



Sleep Mask with Built-in Bluetooth Headphones

https://www.amazon.com/gp/product/B07DQC22VZ/ref=oh_aui_detailpage_o07_s00?ie=UTF8&psc=1



Homeopathic Jet Lag Pills

https://www.amazon.com/gp/product/B00007KUX7/ref=oh_aui_detailpage_o07_s00?ie=UTF8&th=1



“I have to admit I was skeptical. I tried this product on a recent overnight flight to Barcelona. . . . For the first time EVER, I was able to remain awake all day and into the evening without being exhausted. We were at the start of our two-week European vacation, and I was able to adjust to the six-hour time difference without a hitch. Highly recommend!”

“My husband and I have used this product now for 5 years for multiple trips overseas (Australia 4 times, Hawaii 3, Europe 2) and these really work.”

“I’m a person that’s pretty skeptical, so I was not here or there as to whether I should waste money on these things, after all it’s just a pill. But these things are worth every cent! I have used them several times over the span of a couple of years and they have done exactly what they claim to do, which is to help with jet lag. They are great!”

Travel Laundry Bag

https://www.amazon.com/Nylon-Laundry-Bag-Drawstring-Washable/dp/B00W0EZT5A/ref=sr_1_6?ie=UTF8&qid=1537377008&sr=8-6&keywords=travel+laundry+bag&dpID=414a7781YDL&preST= SY300 QL70 &dpSrc=srch



Travel Laundry Detergent Sheets

(Small sheets that dissolve in the sink to wash a few items of clothing)

https://www.amazon.com/Travelon-Laundry-Soap-Sheets-50-Count/dp/B000Y0CL8K/ref=sr_1_23_a_it?ie=UTF8&qid=1537378464&sr=8-23&keywords=travel+laundry+kit



Travel Laundry Kit

https://www.amazon.com/Premium-Travel-Laundry-Kit-Clothesline/dp/B07D9XF2YZ/ref=sr_1_1_sspa?ie=UTF8&qid=1537378679&sr=8-1-spons&keywords=travel+laundry+kit&psc=1



Instant Stain Remover Pen

https://www.amazon.com/gp/product/B01IAIMFII/ref=pd_rhf_eeolp_s_vtp_ses_clicks_0_1?ie=UTF8&pd_rd_i=B01IAIMFII&pd_rd_r=QXZWF4MX4HN9XX42BFY4&pd_rd_w=SRVvk&pd_rd_wg=7VFSB&pf_rd_i=desktop-rhf&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=05d75987-58ed-4d36-bbfa-515cd87e4ee3&pf_rd_r=QXZWF4MX4HN9XX42BFY4&pf_rd_s=desktop-rhf&pf_rd_t=40701&refRID=QXZWF4MX4HN9XX42BFY4&th=1



Travel Sewing Kit

https://www.amazon.com/Coquimbo-Emergency-Supplies-Scissors-Accessories/dp/B01G3LOLD6/ref=sr_1_3_sspa?s=home-garden&ie=UTF8&qid=1537379159&sr=1-3-spons&keywords=travel+sewing+kit&psc=1



Radio Frequency Identification (RFID) Blocking Money Belt

https://www.amazon.com/gp/product/B074C9QC1F/ref=oh_aui_detailpage_o04_s00?ie=UTF8&psc=1



Radio Frequency Identification (RFID) Blocking Travel Purse/Bag

https://www.amazon.com/CAROI-Waterproof-Shoulder-Backpack-Crossbody/dp/B072Z81Z45/ref=sr_1_23?s=apparel&ie=UTF8&qid=1537379407&sr=1-23&nodeID=7141123011&psd=1&keywords=rfid+travel+purse



Multi-tool Knife (to be packed in your *checked bag*)

https://www.amazon.com/Multitool-Portable-Multifunctional-Multipurpose-Survival/dp/B00S9KDMP8/ref=sr_1_1_sspa?ie=UTF8&qid=1537380152&sr=8-1-spons&keywords=swiss+army+pocket+knife&psc=1



Pocket Knife (to be packed in your *checked bag*)

https://www.amazon.com/Function-Tactical-Essential-Multipurpose-Household/dp/B01LZG4GVO/ref=sr_1_4?ie=UTF8&qid=1537380956&sr=8-4&keywords=travel+pocket+knife&dpID=417HrnL0FkL&preST= SY300 QL70 &dpSrc=srch



Sock Liners (worn between foot and regular sock to prevent blistering)

https://www.amazon.com/gp/product/B077NCXVBW/ref=oh_aui_detailpage_o04_s01?ie=UTF8&psc=1 (Women's)



https://www.amazon.com/gp/product/B077NDMSJ1/ref=oh_aui_detailpage_o04_s01?ie=UTF8&psc=1 (Men's)



UPF (ultraviolet protection factor) Clothing

(Reduces the amount of harmful UV rays passing through your clothing)

Men's

Convertible Khaki Pants (slacks to shorts).

https://www.amazon.com/gp/product/B0058YVB2E/ref=oh_aui_detailpage_o07_s00?ie=UTF8&psc=1



Polo Shirt

https://www.amazon.com/gp/product/B071FJHMQF/ref=oh_aui_detailpage_o06_s00?ie=UTF8&psc=1



Long-sleeve Shirt

https://www.amazon.com/gp/product/B0089PHABA/ref=oh_aui_detailpage_o06_s01?ie=UTF8&psc=1



UPF (ultraviolet protection factor) Clothing

(Reduces the amount of harmful UV rays passing through your clothing)

Women's

T-shirt

https://www.amazon.com/gp/product/B07GJWS2CN/ref=oh_aui_detailpage_o06_s01?ie=UTF8&psc=1



Long-sleeve Casual Shirt

https://www.amazon.com/gp/product/B00G2CO31M/ref=oh_aui_detailpage_o06_s01?ie=UTF8&psc=1



Long-sleeve Shirt

https://www.amazon.com/gp/product/B00DIHEB9I/ref=oh_aui_detailpage_o08_s00?ie=UTF8&psc=1



Compression Socks (it helps increase circulation during the long flight and reducing the risk of swelling in your ankles).

https://www.amazon.com/gp/product/B07B4SKF3Z/ref=oh_aui_detailpage_o06_s00?ie=UTF8&th=1



Extra Camera Memory Cards SD (secure digital)

(Note: your camera may need a CF (compact flash) or some other type of storage.)

https://www.amazon.com/gp/product/B075JRSSST/ref=oh_aui_detailpage_o00_s00?ie=UTF8&psc=1



Rapid camera battery charger

(Note: The following link is for certain models of Nikon; you will want to search the Amazon site for battery chargers for your particular camera brand)

https://www.amazon.com/gp/product/B06ZZ2J3W7/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1



Portable charger for iPhone, iPad, Androids & Compatible Electronics

https://www.amazon.com/gp/product/B01LQ81QR0/ref=oh_aui_detailpage_o06_s00?ie=UTF8&psc=1



Noise-Cancelling Headphones

(The following link is for the Bose wireless headphones, which are the best; there are other brands that are less expensive.)

https://www.amazon.com/Bose-QuietComfort-Wireless-Headphones-Cancelling/dp/B0756GB78C/ref=sr_1_acs_osp_osp21-d7e4672b-48_4_1?ie=UTF8&qid=1537387470&sr=8-4-ac&keywords=noise+cancelling+headphones&tag=onsitertings-20&ascsubtag=d7e4672b-4817-41ad-8e30-cc5c1526f398&linkCode=oas&cv_ct_id=amzn1.osp.d7e4672b-4817-41ad-8e30-cc5c1526f398&cv_ct_pg=search&cv_ct_wn=osp-search&creativeASIN=B0756GB78C



Gallon and Quart-Size Zip-Lock Bags

Extra Batteries for Electronics (e.g., flashlight).

(Note: spare [uninstalled] **Lithium Batteries** *must* be carried in your *carry-on luggage*; they cannot be packed in your checked luggage.)

Good Hiking Shoes

Merrells (Men's)

https://www.amazon.com/Merrell-Mens-Waterproof-Hiking-Granite/dp/B01HFNEFEQ/ref=sr_1_3?ie=UTF8&qid=1537505688&sr=8-3&keywords=hiking+merrell+for+men



Merrells (Women's)

https://www.amazon.com/Merrell-Womens-Waterproof-Hiking-Turbulence/dp/B01N1410U7/ref=sr_1_17?ie=UTF8&qid=1537505456&sr=8-17&keywords=hiking+merrell+for+women



Skechers (Men's)

https://www.amazon.com/Skechers-Vigor-Trait-Charcoal-Black/dp/B00MAMG1WM/ref=sr_1_2?ie=UTF8&qid=1537506095&sr=8-2&keywords=skechers+for+men+51241



Skechers (Women's)

https://www.amazon.com/Skechers-Performance-Womens-Outdoor-Journey-Walking/dp/B01CUOL42Q/ref=sr_1_5?ie=UTF8&qid=1537505907&sr=8-5&keywords=hiking+skechers+for+women



Badger Sore Muscle Rub

https://www.amazon.com/Badger-Sore-Muscle-Rub-Size/dp/B0063KZ0II/ref=sr_1_4_a_it?ie=UTF8&qid=1538083924&sr=8-4&keywords=badger+sore+muscle+rub



Early Pre-Trip Planning

(from now until a few days before the trip)

1. Healthcare: Does Your Health Insurance Cover You Outside the U.S.?

Learn what medical services your health insurance provider will cover abroad. Although some insurance companies pay “customary and reasonable” hospital costs abroad, very few will pay for a medical evacuation back to the U.S., which can easily cost up to \$100,000 or more, depending on your condition and location. Regardless of whether your insurance is valid overseas, you may be required to pay for care when you receive it. If your insurance policy does not cover you abroad, it’s highly recommended that you purchase a travel insurance policy that does.

2. Banking:

Call credit/debit card providers to put a travel notice on all cards for our dates of travel (some financial institutions, such as Chase, allow you to do this online). Giving notice to the financial institutions should allow you to make purchases in Israel without having your card declined and having to go through the hassle of calling the company.

Arrange for paying bills that will come due during the trip.

3. Home Care:

Arrange for a relative or friend to house-sit or inform your alarm company, trusted friends, and neighbors of the trip dates, and ask friends and family to stop by your house at random days and hours to check on things.

Leave a set of house and car keys with relatives or a trusted friend.

Arrange for lawn, plants, and animal care during the trip.

Have mail held (or picked up by a friend or relative regularly) during the trip. You can have mail held by filling out the form online at

<https://holdmail.usps.com/holdmail/>.

Have your newspaper held during the trip.

4. Add International Cell Coverage to your mobile phone service. You can find International Travel Support pages from your cell phone provider (for example, see Verizon's Support page at <https://ss7.vzw.com/is/content/VerizonWireless/6715-4545-international-travel-support-document-pdf-updates-revised-pages-1-3.pdf> and <https://www.verizonwireless.com/solutions-and-services/international/>).

5. Get Extra Passport Photos (in case you need to replace your passport while we're on the trip).

6. Pack everything a few days before departure to make sure you have time to pick up any last-minute items you may have forgotten, to confirm that everything fits into your checked bags and carry-ons, and to insure that the checked bags meet the airline weight and size restrictions.

7. Make Photocopies of all your **Travel Documents, Prescriptions, and Itinerary** for family members or trusted friends back home in case of emergency or if documents are lost or stolen. Leave 1 copy with family or friends at home. Store the other copy with your **Checked Bags**, separate from the originals (in your **Carry-on Bag**). Documents to make copies of include:

- Airline Ticket/e-Ticket
- Passport
- Prescriptions (in case you need them filled)
- Trip itinerary
- Credit/Debit cards (including customer service numbers on the back of the card)
- Driver's license or State ID
- Medical Insurance card (including customer service numbers on the back of the card)
- Baggage Claim Ticket

Just Before Leaving

1. Clean and organize the house (it's wonderful to come home to a clean and organized home).
2. Get carry-on cash at your bank.
3. Set light timers to go on and off at random hours. Turn off all lights not on timers.
4. Discard perishable goods from the kitchen and refrigerator. Arrange for someone to take out your trash on the first trash day following our departure.
5. Unplug all electronics.
6. Set thermostat to desirable travel levels.
7. Turn off water to the house or washing machine, sinks, and toilets.
8. Secure cars (detach batteries and lock steering wheels).
9. Secure all windows and exits (including sliding-glass doors).
10. After packing, check baggage weight prior to leaving for the airport.
11. Check local weather/news for Israel and Jordan. A great website for weather in Israel is: www.weather-it-is-israel.com.
12. Check the exchange rate of the Israeli shekel and the American dollar before and during our Israel Tour. The exchange rate as of 9/21/18 is **1 Israeli Shekel equals 0.28 American dollars**. That means a price-tag of 4 shekels is just over a dollar.
13. Activate your alarm system (make sure you have contacted your alarm system provider and informed them of our travel dates).

CHECKED BAG PACKING CHECKLIST

United Airlines Policies for Checked Baggage:

The maximum exterior dimension (length + width + height) of standard checked baggage is 62 inches (158 cm), including handles and wheels.

The maximum weight for checked baggage is 50 lbs., unless you have upgraded status at the time of check-in (e.g., MileagePlus Premier® status), in which case the maximum weight for checked baggage is 70 lbs.

1. Pack **All Valuables** and **Essentials** in your *Carry-On*, including your camera.
2. Use **Packing Cubes** and/or gallon- and quart-size **Zip-lock Bags** for packing to easily identify your various clothing items. For example, put all socks in one, all underwear in another, etc. It will make it easier for you to keep your suitcase organized throughout the trip.
3. Pack any **Liquids, Gels, Aerosols**, etc., in **Zip-locks** to prevent leakage if broken or crushed.
4. Pack a **Day Pack or Travel Bag** (such as the one Obed provided) that you can take with you during the day. It should be large enough for snacks, a light jacket, camera, phone, and souvenirs but small enough to be comfortable to carry all day.
5. Place all **Shoes** in **Plastic Bags, Shoe Bags**, or **Separate Packing Cubes** to protect clothes and minimize odors.
6. Pack an **Extra Travel Bag** for items you purchase during the trip; foldable athletic/gym bags are ideal).
7. **Tag** suitcases with distinctive marks and colors (Barb Pinson is creating these for us! Thanks Barb!).
8. Include **Printed Copies** of your **Personal Contact Information, Flight Information**, and the **Travel Itinerary** *Inside* your Checked Bags.

Clothing

“The general dress-code in Israel is casual and comfortable. Men should stick to T-shirts, jeans, knee-length shorts, and a button-up shirt or polo shirt; khakis or smart jeans for going out. Women can also stick to casual pants, T-shirts, and pack a light-weight dress and nice blouse for going out.”

“Almost all travelers to Israel will visit some religious sites. . . . For this reason, you will need to pack modest clothing. Women should pack a shawl, wrap, or scarf that they can put over their heads and shoulders. Men should have pants that go below their knees and a T-shirt or shirt that covers their shoulders [and upper arms]. . . . Women should pack a skirt or dress that goes below their knees and a top or dress that covers their shoulders [and upper arms] and does not have a plunging neckline.”

“Avoid Slogans. . . . Don’t pack clothing or other items that announce your political or religious views. Israel is a multi-cultural country with many sensitive political, social, and religious issues. If your T-shirt shouts out racial or radical views you might find yourself getting into some awkward conversations. [Not to mention confrontations!]”

Undergarments

“Bring at least five extra pairs of underwear and socks than you were originally going to pack. Most apartments in Israel don’t have dryers, so if you wait to do laundry until you are down to one pair of underwear, you are going to have to wait about two days for your clothes to dry. Don’t get stuck without clean underwear and socks, just pack a few extra.”

- Briefs/Panties
- Socks/Underwear Hosiery
- Slips/Camisoles
- Bras (sports and regular)

Pants/Shorts

- Jeans
- Khakis

- Slacks
- Shorts
- Cullotes/Capris
- Leggings

Dresses/Skirts

- Skirts (below the knee length for Shabbat and the Western Wall)
- Dresses (below the knee length for Shabbat and the Western Wall)

Swimwear

- Swimsuits
- Swim Goggles
- Swim Cover/Sarong/Beach Wrap
- Beach Towel

Shirts

- T-Shirts
- Polo Shirts
- Long-sleeved Shirts
- Blouses

Shoes

Good Walking/Hiking Shoes

“There are stone streets and cobbled lanes in the old cities of Israel and you will need sturdy walking shoes to tour the sites comfortably. It is best to pack two pairs of comfortable walking shoes (sport shoes, hiking shoes, etc.) as they may get wet or very dirty after a day of touring.”

Water Shoes, Flip Flops, and/or Sandals

“At the Dead Sea, the beach and seabed are rough pebbles and it is best to keep your [beach/water shoes] on.”

Comfortable Athletic Shoes

Sleepwear

Sleeping Shorts

Sleeping T-shirts

Nightgowns

Pajama Camis

Pajamas

Outer Weather Gear

(Although rain is apparently infrequent in October, several longtime Israel residents and travelers suggest bringing some sort of rain gear; mid to late October kicks off the rainy season.) “Evenings in Jerusalem and the north can be cool. It is a good idea to pack a sweater or lightweight jacket/layers.”

Poncho or Light Raincoat

Hooded Windbreaker

Small Umbrella

Backpack Rain Cover

Light Jacket

Sweater

Accessories

Belts (consider using as few as possible for simplicity and less travel weight)

First Aid Kit

Pocket Knife or Multi-tool Knife

Bandana

Cotton Handkerchief

Hats (include one that covers the back of your neck)

Wristwatch (consider using your cell phone)

Miscellaneous Items

Travel alarm (consider using your cell phone)

Travel towel

Waterproof stuff sacks (for holding gadgets and small items)

Laundry Bag

Travel Sewing Kit

Travel Laundry Kit (Laundry soap, sink stopper, clothesline [for washing clothing in the sink; consider bungee cords for the clotheslines in the bathroom/shower, which can also double as a means of attaching gear to your backpack or travel purse/bag])

Zip-lock Bags

Checked Toiletry Bag (or Zip-locks)

Toiletries *over* the 3.4 oz. limit (especially items such as contact lens solutions, perfumes, deodorants, lotions, etc.)

Insect Repellent

CARRY-ON BAG CHECKLIST

TSA Travel Restrictions:

The TSA's 3-1-1 security rule for flying with **Carry-on** liquids:

3.4 oz Bottle or Less – 1 Quart-Sized, Clear, Plastic, Zip-Top Bag—1 Bag Per Passenger)

Liquids, Sprays, Aerosols: “You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes in your carry-on bag and through the checkpoint. These are limited to travel-sized containers that are 3.4 ounces (100 milliliters) or less per item.”

According to the TSA’s website, such restricted items include: eye drops, liquid eye-liner, insect repellent, cologne, perfume, concealer, foundation, conditioner, contact lens solution, aerosol deodorant, liquid deodorant, liquid detergent, hair gel, hairspray, hand sanitizer, lotions, make-up remover, mascara, nail polish, nail polish remover, shampoo, shaving cream, liquid soap, sunscreen sprays, toothpaste, soda, coffee, water, soups, peanut butter, salad dressing, salsa, sauces, hummus, and yogurt.

Spare Batteries: “**Spare (Uninstalled) Lithium Ion and Lithium Metal Batteries must be carried in Carry-on Baggage Only.** When a carry-on bag is checked at the gate or at planeside, all spare lithium batteries must be removed from the [Checked] bag and kept with the passenger in the aircraft cabin.”

Samsung Galaxy Note 7: “The U.S. Department of Transportation, with the Federal Aviation Administration and the Pipeline and Hazardous Materials Safety Administration, have issued an emergency order to **Ban All Samsung Galaxy Note 7 Smartphone Devices** from air transportation in the United States. Individuals who own or possess a Samsung Galaxy Note 7 device may not transport the device on their person, in carry-on baggage, or in checked baggage on flights to, from, or within the United States.”

United Airlines Policies for Carry-on Baggage:

The maximum exterior dimension (length + width + height) of standard checked baggage is 22 inches high, 14 inches wide, and 9 inches deep, including handles and wheels.

Carry-on bag



Personal item



The maximum dimensions for your personal item that fits under the seat in front of you, such as a shoulder bag, purse, laptop bag, or other small item, are 9 inches x 10 inches x 17 inches. If you are traveling on a Basic Economy ticket, your personal item will be the only item you can bring on board.

Travel Documents, Credit Cards, Cash, & Contact Information

- **A Printed Copy of Personal Contact Numbers, Emergency Numbers, Itinerary, and Flight Information** (in case your phone—with the digital photo copies of these documents—is lost or stolen)
- **Airline Ticket/e-Ticket**
- **Passport**
- **Prescriptions** (in case you need them filled in Israel)
- **Baggage Claim Ticket**
- **Trip Itinerary (Israel Trip Brochure)**
- **Driver's License or State ID**
- **Debit/Credit Cards**
- **Extra Passport Photos** (in case your passport is lost or stolen)
- **Cash**
- **Moneybelt or Purse** (w/cash, credit cards, passport, important documents, etc.)

Clothing

- Extra Change of Clothes (in case your checked luggage is lost or delayed)
- Scarf, Sweater, or Light Jacket (planes and airports can be cold)

Digital Camera & Accessories

- Digital Camera
- Camera Memory Cards (SD, CF, etc.)
- Camera Battery Charger & Spare Rechargeable Camera Batteries
- Filters (including a clear filter to keep dust from your lenses)
- Alternate Lenses (Zoom, Macro, Wide-Angle, Standard)
- Tripod
- Remote Shutter Release

□ Lens Cleaning Kit

□ Notebook for camera record/shot list

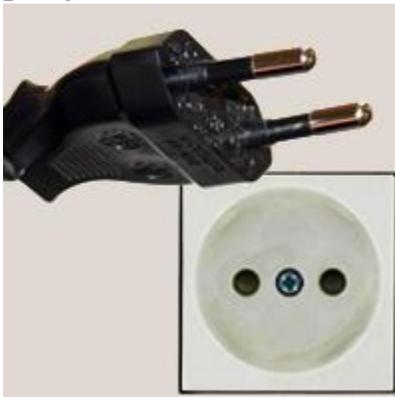
Electronics & Gadgets

“Don’t forget your adapters otherwise you won’t be able to use anything you bring that’s electronic. Israel has different outlets so it’s important to get the adapters so your electronics work. If you have things such as blow dryers, hair straighteners, electric buzzers, etc., a power converter will be necessary in order to use these items. The electrical current in Israel differs from America, you will want a converter that will change the electric current from 110 volts to 220 volts.”

The standard electrical plug in Israel is Type H:



The standard Type H plug can also accommodate the Type C (European plug)



Electrical equipment has to be adaptable to 220 volts and have a European adapter 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).

- Electrical Adapter Plugs and/or Electrical Power Converter
- Cell Phone & Cell Phone Charger
- iPad, Tablet, Kindle, or Other E-Reader, iPod & Chargers
- Laptop & power cable
- Portable Battery Pack for Electronic Devices
- Flash Drives
- Video Camera
- Extra USB Cables
- Flashlight (small enough to fit in your pocket)
- Travel Hairdryer & Hair Appliances (consider using the hotel appliances)
- Extra Batteries for All Electronics (Spare Lithium Ion and Lithium Metal)
- Batteries *must be* carried in carry-on baggage)

For Sleep & Comfort on the Plane (See also OTC Medications)

- Travel Pillow
- Sleep Mask
- Earplugs or Noise-Cancelling Headphones
- Water Bottle (filled *after* passing through security)
- Scarf (for the airplane and holy sites)

- Light Jacket
- Breath Mints
- Chewing Gum (Chewing something will help your ears during flight)
- Energy Bars/Healthy Snacks

Miscellaneous

- Binoculars
- Jewelry (bring only what's absolutely necessary)
- Sunglasses (w/case and strap) and/or Sunglass clips (w/case)
- Prescription Sunglasses (w/case)
- House & Car Keys

Reading & Writing

- Bible (consider an electronic Bible on your iPad, Kindle, or cell phone to save on baggage weight)
- Books/Pleasure Reading (iPad, Kindle, and/or physical books)
- Israel Guidebooks
- Hebrew Phrase Book (or the Google Translate app for your cell phone)
- Israel Trip Brochure (printed copy and/or e-document on your cell phone)
- Israel Map (laminated and/or digital)
- Trip Journal
- Writing Pens
- Notebook

- Reading Glasses(w/case)
- Prescription Glasses (w/case)

Carry-on Toiletry Bag

- Pill Organizer
- Facial Tissues
- Eye drops (travel size; for dry air in the airplane cabin)
- Jet-lag Pills
- Sore Muscle Rub
- Contact Lenses (w/lens case & travel-size cleansing solution)
- Handwipes and/or Hand Sanitizer (travel size)
- Mouthwash (travel size)
- Sleeping Pills

Prescription Medications:

“Any medications should remain with you at all times in your carry-on or purse.”

“Bring enough prescription medications to last your entire trip, including some extra in case if there are delays on return. Carry your medications in the original labeled containers and pack them in your carry-on bags. Ask your pharmacy or doctor for the generic equivalent name of your prescriptions in case you need to purchase additional medication during your trip. Get a letter from your doctor in case you are questioned about your carry-on medication.”

- Prescription Medications

OTC Medications: (Medications with an asterisk for flight time)

- * Pain Relievers (Aspirin, Tylenol, Ibuprofen, Aleve)

- * Allergy (Claritin, Advil, Zyrtec, Allegra)
- Cold & Flu (DayQuil, NyQuil, Mucinex, Tylenol, Theraflu)
- Sore-Throat Lozenges (Cepacol, Halls, Sucrets, Chloraseptic, Ludens)
- Decongestant Tablets (Sudafed, Mucinex, Benadryl, Zyrtec)
- * Indigestion/Nausea (Pepto Bismol, Emetrol, Nauzene)
- * Heartburn (Pepcid AC, Nexium, Omeprazole)
- * Antacid (Tums, Pepcid Complete, Gaviscon)
- * Motion-Sickness (Dramamine)
- Laxative
- * Sleeping Pills
- Neosporin Antibiotic & Pain Relief Ointment
- Diarrhea Medicine (Imodium, Kaopectate)
- Nasal spray (Nasacort, Afrin, Flonase, Mucinex)
- * Breathe-Right Strips
- * Rehydration Packets (Hilyte, Trioral, ElectroMix, Pedialyte)
- Multi-Vitamins
- * Immune System Booster (Airborne, Emergen-C, Echinacea, Ester-C, Propolis, Sambucus, Vitamin C w/Zinc)

Women's

- Hair Care Items (hair ties, bobby pins, brush)
- Lipstick/Lip Balm
- Nail Polish

Feminine Care Items

Purses (or a backpack or the sling bag from Obed instead; if you need to bring a purse, RFID blocking is recommended)